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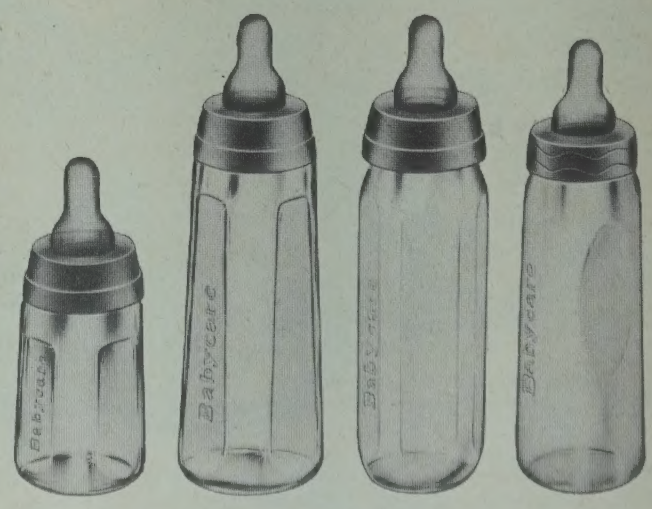

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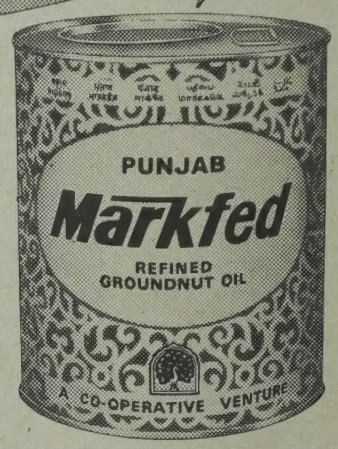

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Eve's Weekly

VOL. XXXIV NO. 24 BOMBAY JUNE 14 — 20, 1980

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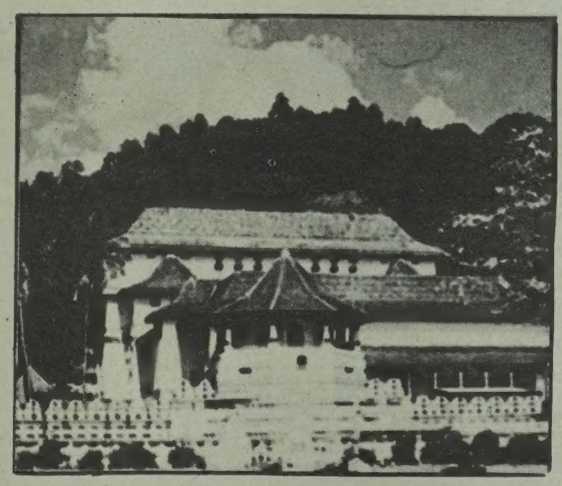
THIS WEEK

TRAINED PARENTHOOD

The much-touted maternal instinct is really a convenient myth. While it is natural for parents to love their children, no one — male or female — is born with the knowledge of how to rear children. Surely such an awesome responsibility as parenting requires some training?
Page 10.



DESTINATION: ABROAD

It's everyone's dream to go abroad on a holiday. And realizing the dream without going completely bankrupt is not that impossible. Two interesting and exotic countries lie just beyond our borders. A holiday guide to Nepal and Sri Lanka.
Page 14.

CONSUMER PROTECTION

The second part of our guide to existing consumer protection laws and regulations.
Page 20.

PROFILES IN COURAGE

The story of two women who helped their handicapped daughters establish themselves in careers.
Page 13.

ALSO

Women in Focus : Khurshed Irani and Girija Devi — **Page 26** A Mock Marriage: Tourism promotion with a difference — **Page 30** Young Viewpoint: Student power in Assam — **Page 38** Film Interview: Parvez — **Page 43.**

REGULAR FEATURES

Your Page/**7**, Readers' Voice/**9**, Comics/**25**, People Known & Unknown/**28**, Beauty/**30**, Heart to Heart/**31**, Cookery/**33**, Book Nook/**37**, Short Story/**45**, Women in Sport/**48**, Frankly Speaking/**51**, People & Events/**52**, Horoscope/**54**.

This is the 793000248 th bottle-nipple manufactured

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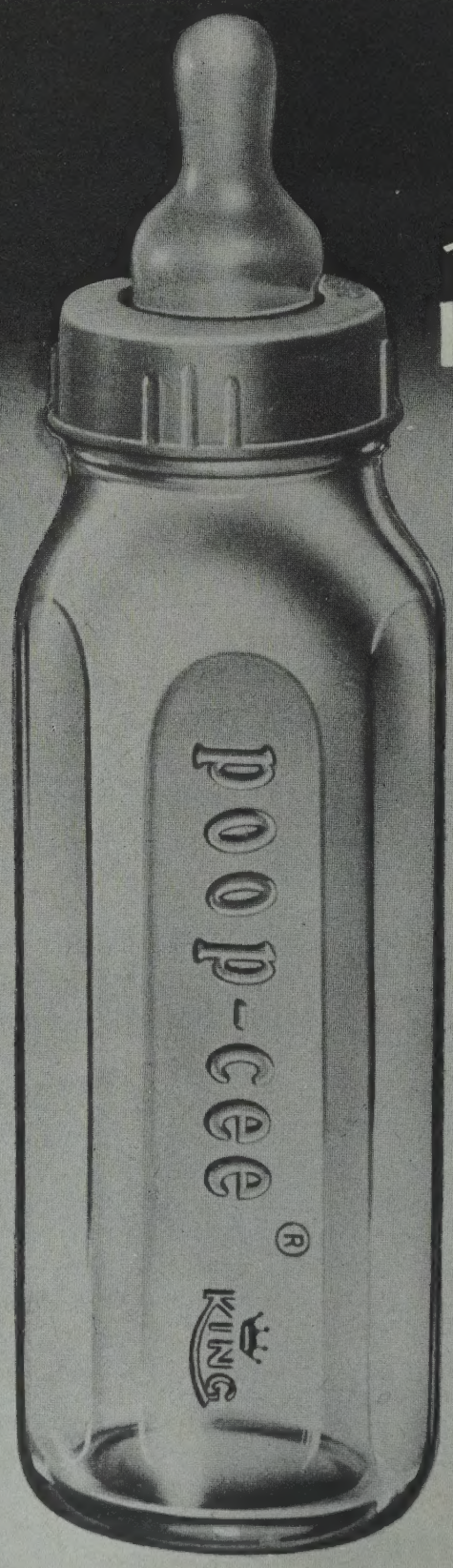

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YOUR PAGE

Do you have something to say?
Then say it here. We pay Rs. 25, 15 and 10 for the three best letters.

1st PRIZE

STERILISED, NATURALLY

The Family Planning bureau, both at the centre and in the states, grants an incentive of Rs. 85 to mothers undergoing voluntary sterilisation. Sterilisation by surgical methods can be effected either by means of ligation and excision of the fallopian tubes, or by removal of the uterus itself (hysterectomy). The former, being a safer and simpler procedure, is now universally adopted. But, often, this is what happens:

A woman, who volunteers to undergo sterilisation following childbirth, gets admitted for the confinement. It so happens that the delivery cannot be normal and it is decided to perform a Caesarian section. The woman requests for sterilisation along with the contemplated surgical procedure. However, after the delivery of the baby, there is profuse haemorrhage, with the result that the uterus is sacrificed to save the mother.

Surprisingly enough, the incentive is denied to the mother here because she has undergone hysterectomy. It is not understood why a woman who has volunteered to undergo sterilisation should be deprived of the money — which is doubly needed now, in view of the severe nature of the surgery. The end has been achieved more permanently in this case, but she is penalised for no fault of hers!

LAKSHMI, Kanchipuram.

Actually, it is not correct to cite hysterectomy as a method of sterilisation. It may be just an unfortunate 'accident' that deprived this woman of the cash award. In any case, in a country like ours, 'incentives' while helpful in most instances, can also be used to exploit people.

2nd PRIZE

DAFFY DEFINITIONS

Surely the criteria by which women assess other women, are very funny?

A student who is dull in her studies and plain in appearance is admitted to be all that and also a "gem of a girl" A married woman who is placid and plump and silently bears the onslaughts of her husband and in-laws — and so makes the doormat look dignified by comparison — is a "home-loving" and "virtuous" woman. Her life is confined strictly to the four walls of her house and more particularly to the store-room, dining room and the kitchen (when she is not in the maternity ward, that is). And how do you define a homely person? She uses no make-up, pays no attention to her appearance or manners. You see her in the market-place dressed shabbily, her hair in disarray and grinning broadly. She demands no share in her husband's pastimes or hobbies.

By contrast, an intelligent girl with varied interests in sports and games, music and karate is generally dubbed as "flighty" or a "proud peacock", interested only in "exhibitionism". If, occasionally, she spends an hour or two on her hairdo and make-up, she is labelled as a girl "a husband can't maintain". For that very reason, many conservative parents deny creative outlets to their gifted daughters.

A young mother who diets and goes for a morning walk or evening stroll, with her husband, to keep fit would raise many eyebrows. If you have got a husband, why should you need a figure? A course in interior decoration is for the lazy woman and not for dutiful housewives. An elderly grandma who is away at the club or holidaying with her husband in the hills is "turning young again"! Heavens, I wonder when we will be able to change these attitudes!

IDA BASKARAN, Tamilnadu.

These pat definitions can do a lot of harm. For instance, this 'virtuous' woman business: virtue, it would seem, is never having an affair — never mind what else the woman indulges in, what she is really like. But, one thing. Why do you presume these are assessments arrived at only by women? What about the men? Don't they use the same yardstick?

3rd PRIZE

OH, KERALA!

Though Kerala is the most literate State in India, its women are not free to do as they like. If a girl walks on the road wearing pants or salwar khameez or midis (and quite decently, too,) she is definitely in for a lot of crude comments. The men gape at you as if you were the first woman to ever wear any clothes! You drive a car and you are bound to hear comments which make you want to ram the car right into them.

This narrow-mindedness, and the exploitation of the fairer sex, is evident even in the spate of Malayalam movies being produced now. The majority of these movies only portray sex and the disgrace of women, and these are the movies which run to packed houses everywhere.

Keralites are settled in most of the countries of the world, and they have created a good name for themselves, both for their intellect and hard work. Yet, one does not understand this narrow-minded attitude of the Keralites at home.

USHA P. MEHTA, Calicut.

We doubt very much if Kerala society has a lien on narrow-mindedness. This sort of thing happens everywhere — Delhi, Mysore, all over. . .The Malayalam films, of course, have gone overboard on crude sex — a dangerous trend which, while hitting at women, will harm the younger generations.

PROUD JOGGERS

While there are quite a few gyms for men, it is a pity there are none for women, where they can have regular physical training. The point is, in these fast-paced times we shouldn't neglect health which is so important. I have often gone through articles urging women to spare at least 15 to 20 minutes every morning for simple excercises. While these look so easy on paper, when it comes to "doing it", it just isn't possible to spare the so-called few minutes.

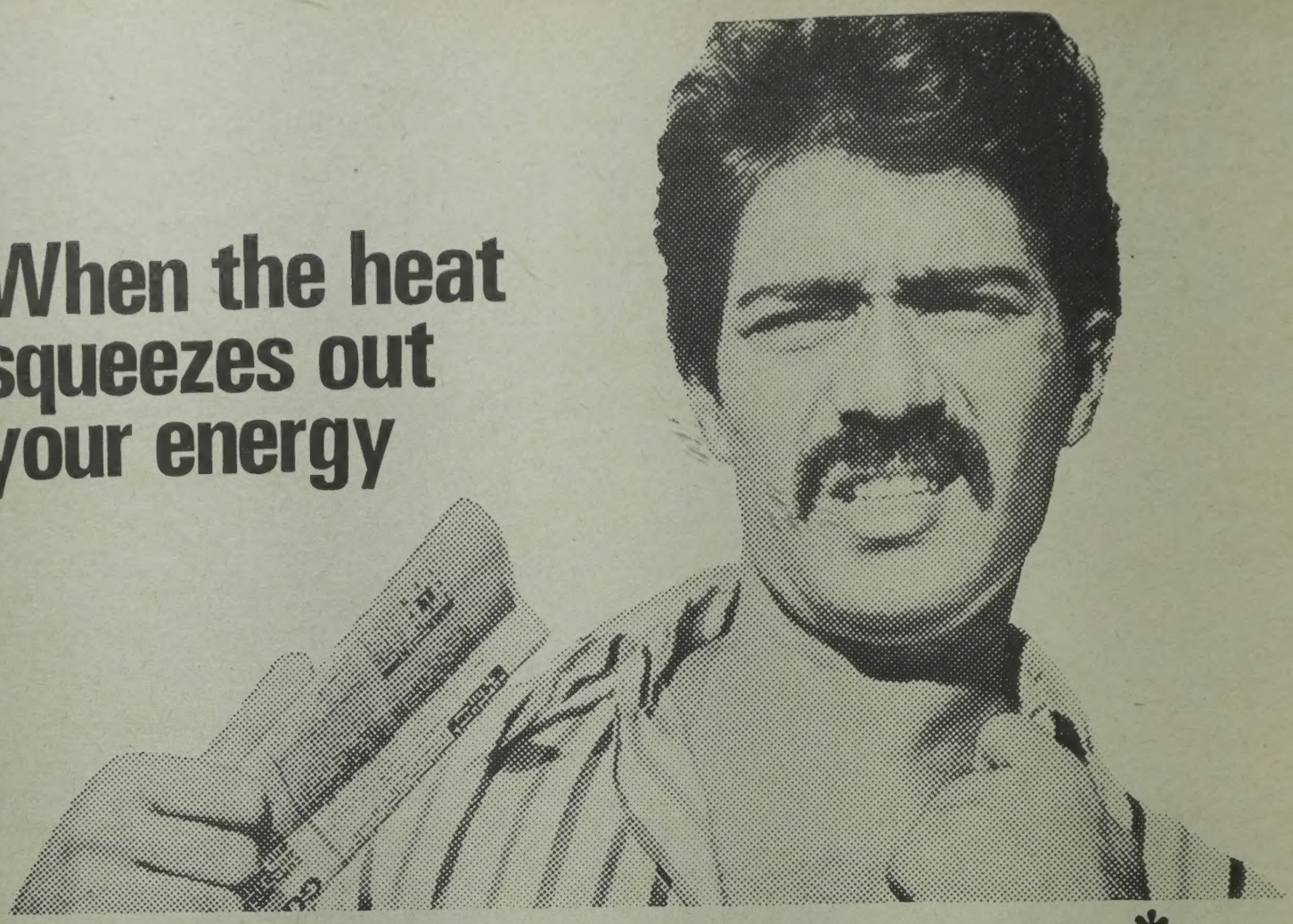
Motivation on my part led to a dialogue with my friends and we all agreed there was "lack of inspiration" rather than "lack of will power" to do the physical exercises. To beat this, seven of us (living in the same colony) agreed to meet at my place early every morning, to go "jogging" and do other simple, indoor exercises for about 15 minutes — and, would you believe it, for the past few weeks we have not missed our exercises even for a day; it has become part of our daily routine.

And without exaggerating, can say the exercises have done us a world of good, keeping us sprightly and active throughout the day; we are, actually, sort of proud of ourselves — after all, where there is a will, there is a way.

P. J. GITA, Madras.

Bravo! Yes, gals who jog together, slim together. And don't you worry about joggers (female) being jeered at — as someone recently reported in these columns. Just go ahead and do your own thing.

When the heat squeezes out your energy



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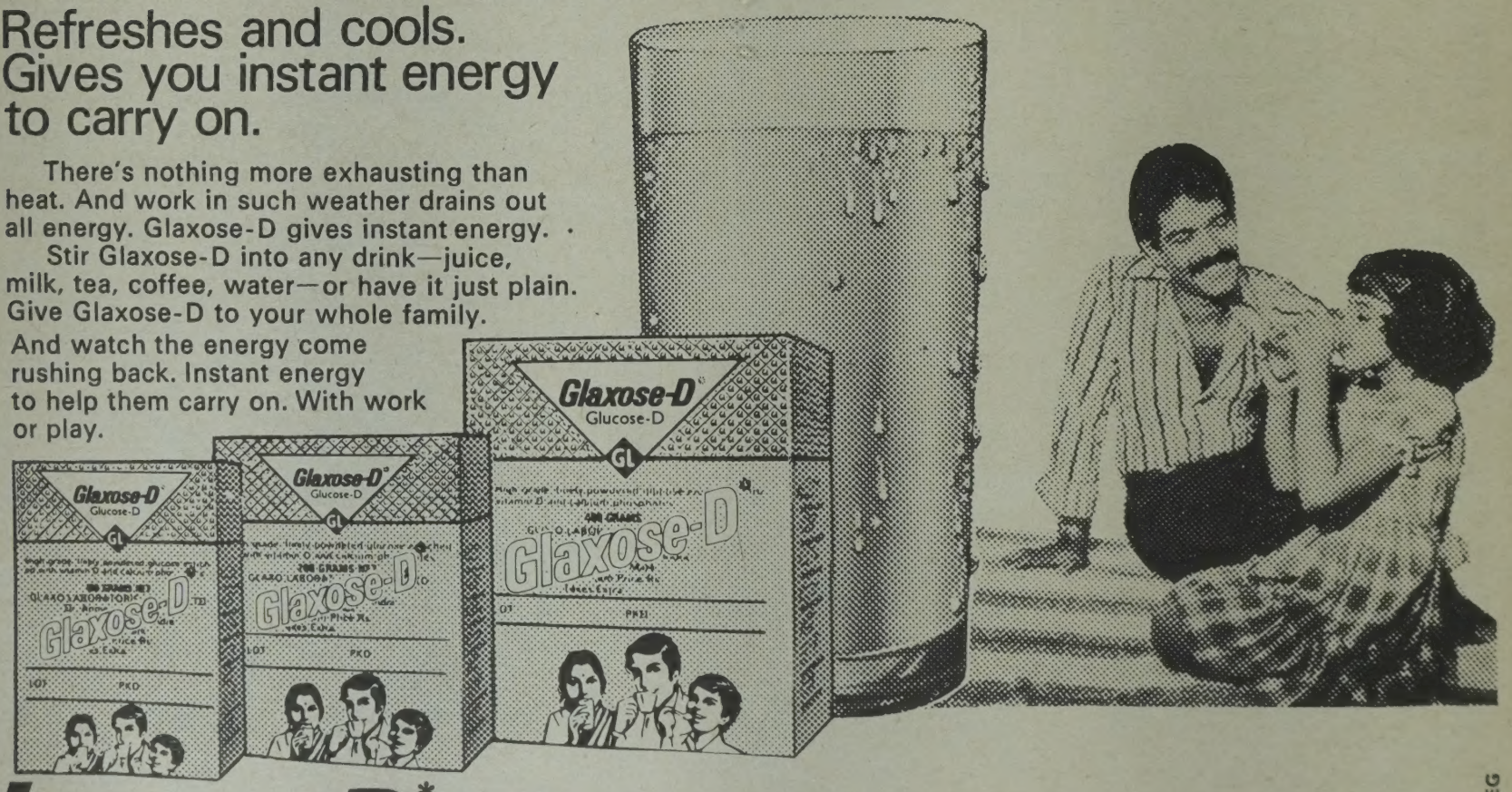

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READERS' VOICE

Most articles raise a question, a comment or at least a criticism. Write them down and mail them to us!

WANTED CONCERTED ACTION

In her article, "Begging for a better deal" about child beggars (April 26), Cora Periera has expressed my views precisely. By dropping coins into the outstretched hands of beggars we cannot help them or eradicate beggary. A beggar in a street reminds us of ill-organised society. It is a social problem, because beggars are a burden upon society. It is an economic problem — that is, the larger the number of beggars, the greater the strain on the country's economy. The problem of beggary needs urgent action for social stability, and national health and honour. If training and work were provided to able-bodied beggars and some sort of relief given to the handicapped ones, this problem could be solved. Indiscriminate alms-giving should be discouraged. It is a moral problem and it requires a moral solution.

KRISHNA BOSE, Bangalore.

EXCELLENCE IN MUSIC

With reference to your Women in Focus piece on Rajeswari Padmanabhan (April 26), it is good that talented musicians like Rajeshwari can come into the public eye through your columns. The treatment these artists get at the hands of the so-called music **sabhas,** especially in the South, is terrible. Discrimination on the basis of sex and influence is rampant. It is high time Rajeshwari got due respect among the veena **vidwans** in the sabhas and recognition for her excellence on the veena. Music associations abroad deserve to be congratulated for their courage in giving her the respect that her own fellow people have not yet granted her in an appropriate manner.

GEORGE JACOB, Vellore.

SHARING RESPONSIBILITIES

With reference to the article, "Two Pay Packets Are Better Than One" (May 3), by Sudha Hattiangadi, it is true, of course, but it would be much better if husbands made it a rule to be just in sharing household expenses, instead of giving just a small amount which is enough only to cover his lodging and boarding expenses in his own home. Besides this, he should also share a little in domestic chores, do shopping at times, see to minor repairs in the home, care for the children's welfare, entertain the family with an occasional trip or treat, save for the future and share in the family problems — instead of just being a self-appointed king. In this way he would be loved and respected by his wife and children. And the wife too would have a feeling of being cared for.

NEETU NARONA, Bombay.

BACK TO SQUARE ONE

The article, "Two Pay Packets Are Better Than One" by Sudha D. Hattiangadi (May 3), clearly points out the present attitude of women. These days most women want to work wheher they have the need to or not. For some, it is to kill their time, whereas for others it is to lead a more comfortable and luxurious life. It is my contention that a family can be well-managed even without an earning wife. One can always save and buy the luxury items if the husband's salary is sufficient and spent prudently.

In our country, when millions of men are unemployed, only women who have a real necessity should work. It is not at all necessary that all educated wives have to work in offices. Even by staying at home, they can be creative and do quite a lot of useful work for the house and the nation.

ANANDI BALAKRISHNAN, Sriharikota.

NEXT WEEK

ISSUE OF JUNE 21

BLACK IS BEAUTIFUL

Though few in the world are even now ready to believe and accept this fact. A reflection on the history of colour prejudice.

EARLY MARRIAGES

Are better, says one writer, vehemently. His controversial opinions and arguments are presented in our next issue and readers' considered reactions welcomed.

WIDOW REMARRIAGE

All the fuss over widow remarriage, including the cash awards announced by some states for those who marry widows, only serves to confirm age-old prejudices about women without men — a viewpoint.

CONSUMER PROTECTION

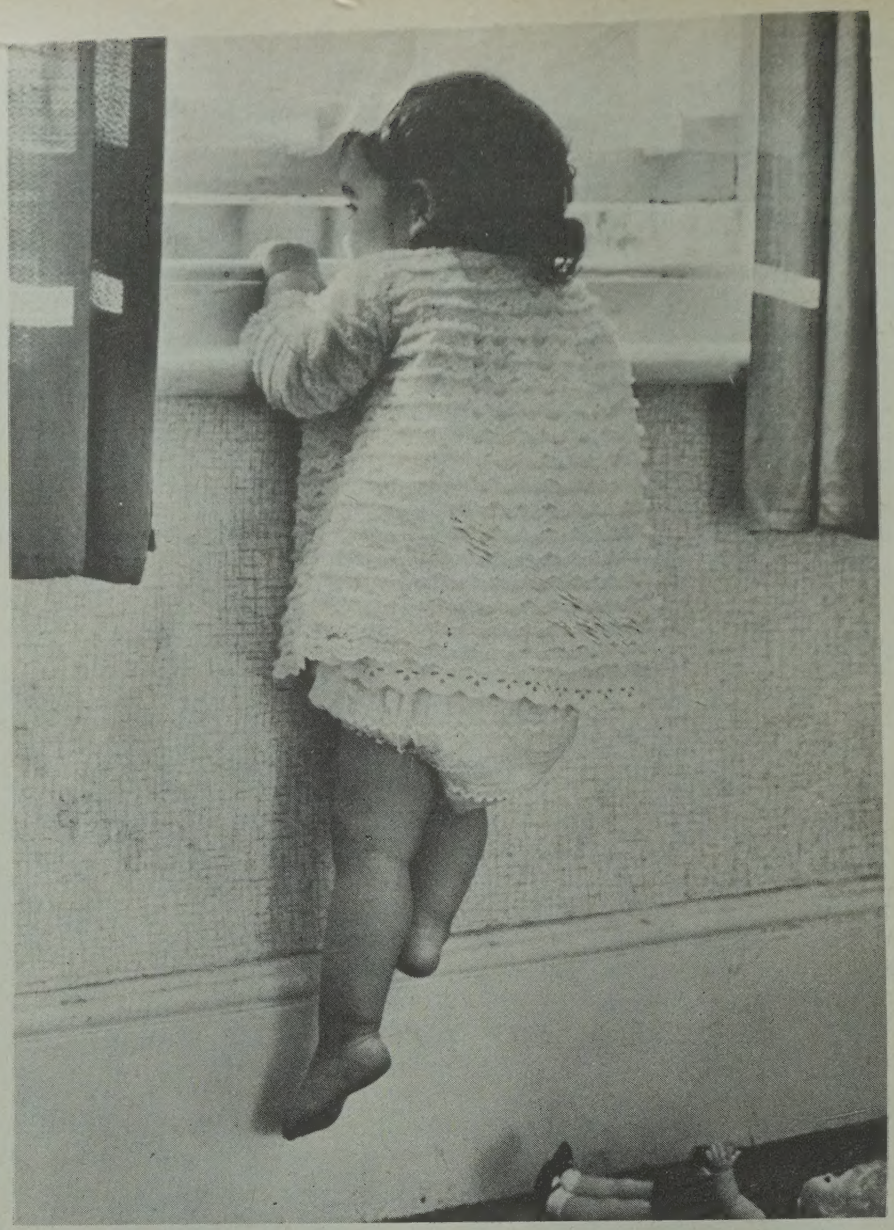
Part three of our guide to existing consumer protection laws and regulations.

RECIPE BONUS

Eggless puddings for pukka vegetarians, and idli pizzas, an ideal snack.

Plus all our regular features.

THE MATERNAL INSTINCT:



Rahul is two years old. Up to the age of one year he was given only breast milk. The only solid food he consumes now is watery dal and rice. He is weak and suffers from malnutrition and diarrhoea.

Smita, four years old, is an only child. Her parents dote on her. If she does not get her own way, she screams, cries and rushes to her grand-parents. Her parents give in because they want her to be happy and, besides, it is quieter in the home.

Ten-year-old Arun has always been an average student. His sister always stands first in her class. The parents keep comparing him with his sister. He has now started losing interest in his studies.

When Rekha began to go to college, her parents became very strict. She was not allowed to talk to boys or go to socials, and had to return straight home from college. Her parents were happy at her docility. She merely bunked classes and did what she pleased on the sly.

In each case, the parents were loving and concerned about their child's welfare and yet something went wrong in the parent-child interaction. In each case, given the proper knowledge and understanding, the problem could have been avoided.

The advent of the International Year of Child had generated a lot of interest in all activities concerning the child and stressed the importance of viable childrens' welfare programmes.

One such high priority programme should be that of parent education, for it is parents who are responsible for the physical, psychological and social progress of the future citizens of this country. In a nation of child-lovers, the idea of educating parents for parenthood may seem ludicrous to many. Yet, this area deserves serious consideration.

We take elaborate pains to educate and train our lawyers, doctors and teachers. Even in business, the novice learns under an experienced person before launching out on his or her own. Parents have the awesome responsibility of rearing physically and mentally healthy citizens of tomorrow. Yet, very little or, more often, no training or knowledge is imparted to them to discharge this duty.

RESISTANCE

Perhaps the resistance to parent education is because we consider child-rearing to be a natural instinctive process — that is, "mother knows best". Whether one is male or female, one is not born with the knowledge of how to rear children. It Is natural for a parent to love his or her child, but the vast amount of research done can teach him to understand this unique child of his and to bring him up in the best possible manner. And, it is **this,** which is the contribution of the social and medical sciences.

CHANGING SOCIETY

The pressing need for parent education is also related to the fast-changing nature of society, particularly in the urban areas. Hence, many child-rearing practices prevalent earlier would be inadequate today. For example, with the increasing importance of education and employment for women, parents can (or should) no longer discriminate against a girl nor consider her to be liability. Neither can (or should) all household duties be assigned to the daughter alone. Roles have (or have to) become more diffused. With the spread of mass media, adolescents are bombarded with sexual and aggressive images. Parents can no longer restrict their children or expect them to ignore the titillation. Instead, they have the more difficult task of teaching their adolescents to discriminate between the good and the bad and then to make a mature decision.

With so much cheating and corruption and black marketeering all around, it also becomes difficult to teach children to be honest. And no longer (or should) discrimination between caste Hindus and Harijans be permitted. Children will be travelling on the same bus, attending the same school and competing for the same jobs. With the disparity between the poor and the rich widening, parents have also to teach their children to be sympathetic towards the less fortunate. The importance and competitiveness of the education system has affected both parents and children right from primary school. Encouraging children to study well has become tension-filled for parents. With the cosmopolitan culture now prevalent in the urban areas, with the influx in cultural and religious values, parents are hard put to instil values in their children that they hope will stand them in good stead, later in life.

Hence, we see that parenting is no longer a simple task, no longer just the transmission of traditional values and customs. Faced with the changing and complex world, parents are forced to reconsider their viewpoint and be open to change.

METHOD OF REARING

Most parents, like their ancestors, raise their children partly by trial and error (particularly with the first child) and partly with the guidance of their elders. Mostly, however, children are brought up as the parents themselves have been. Hence, the mistakes committed by their parents, now probably forgotten, would be repeated. Many a parent, recalling his childhood, might remember times (interpersed with the happy times) when he wished his parents had behaved differently and with more understanding of the various forces that shape their lives.

Many parents feel that one can learn how to rear a child through experience. It is common belief that it is easier to bring up the second child, with the experience of having already raised one. Perhaps true, but at what risk? No parent because of his ignorance has a right to experiment with his child. Besides, it may be upsetting to both parent and child. In some cases, the parent may not know exactly how to modify a child's

behaviour, so he tries several methods. He may eventually hit on the right method, but at what cost? Given knowledge and training, a parent could have avoided the pitfalls.

An example will illustrate the point. A common problem cited by mothers of pre-school and school-going children centres around feeding. Firstly, mothers complain that their children do not have a balanced diet and have strong likes and dislikes. One of the reasons for this is that we Indians believe introducing solids at a relatively late stage, say at the age of one, or even later. Early introduction of soft cooked solids to the diet, from the third month onwards, orients the child to new tastes and makes it easier for him to gradually accept a whole variety of solids. Secondly, mothers complain that the children do not eat enough. And so they cajole and fuss over their eating. The more fuss made by the mother the greater the fuss the child makes, and so begins a vicious circle.

ROLE OF ELDERS

In the Indian context, elders serve as a guide to many mothers. Here, in contrast to the Western countries, elders play an important role in child-rearing. Hence parent education in India must also concern these elders. The elders usually constitute the child's grandparents. Our society is one of child-lovers and the birth of a grandchild (especially a grandson) is a moment of great joy. In a sense, it is a great relief to the mother, because it often means that child-rearing responsibilities can be divided. And perhaps even more importantly, she knows that her child is in safer hands than those of the servant. It also helps the child to relate to a variety of adult figures. Yet the grandparents' concern may run into the extremes so that love is manifested in terms of over-indulgence and over-protection. The child may be given no opportunity to dress, bathe or feed himself. His day may be filled with a hundred don'ts — don't run too fast, don't touch that, don't climb on the furniture — some of them necessary to protect him from danger, but many or most, a sign of the grandparents' own anxiety. Many children are not left alone even for a short while with, say, a friend, or servant or a sibling. He may not be allowed to mix with children from lower socio-economic classes because his 'sanskar' may be tarnished.

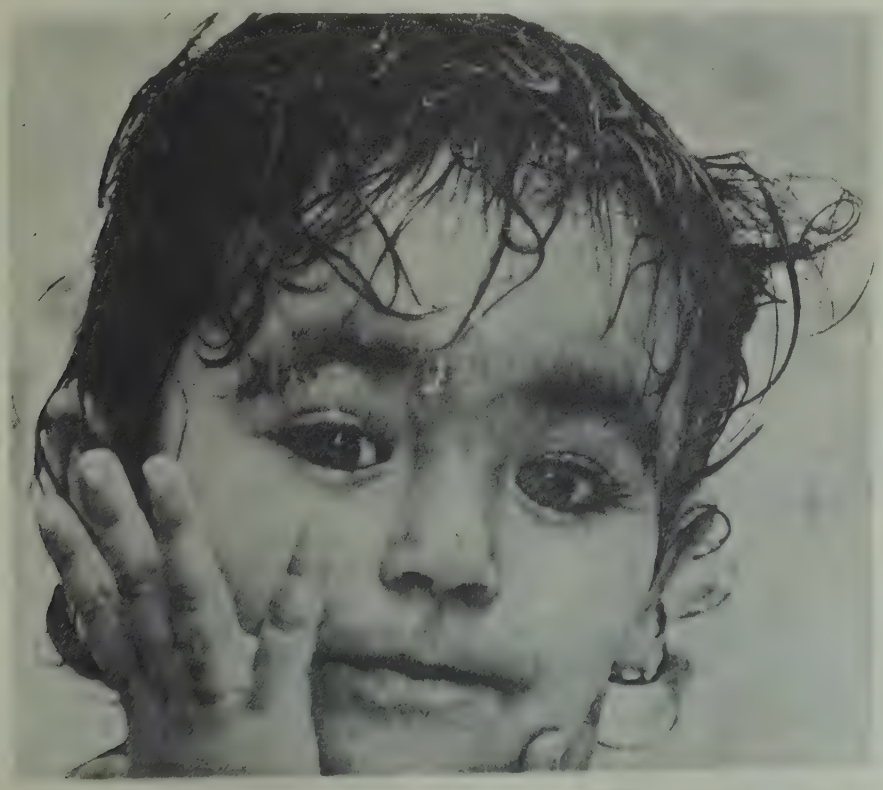
GENERATION GAP

However, the real clash between generations occurs during adolescence. Parents/grandparents may fail to be in touch with modern times and hence criticise new fashions, new attitudes or signs of independence. They fail to see adolescents as individuals in their own right. This may be one reason why many teenagers do not heed their elder's advice even when it is sound. It is difficult for elders to adapt to change in the teenager and the world he moves in. Perhaps a guiding question could be, "Is what I am doing in the best interests of my child"? If not, they must change. To satisfy one's own needs of over-protection and rigid values is ultimately as selfish as total neglect because the interests of the child become secondary and the gratification of one's needs primary.

Perhaps the resistance to parent education is because child-rearing is considered to be a natural instinctive process, but whether one is male or female, one is not born with the knowledge of how to rear children

A MYTH

Sonal Zaveri



Photographs Banerjee

PARENTAL ATTITUDES

By excessively watering a plant, it will not grow better or faster. In fact, too much of it may actually make it weak and stunted. So, more and more indulgence and protection will not necessarily achieve the best results with children also. A moderate path between neglect and over-protection is always advisable. It takes great courage on the part of the parents grandparents to let their chil dren grow independently and **to learn from their own mistakes.** Encouraging a child to do things on his own, correcting his misbehaviour is not always a sign of the strict and unloving parent.

KNOWLEDGE OF CHILD DEVELOPMENT

Much of this dilemma can be solved by having some idea of child development — i.e. what is the child like at different stages of development — because it is equally wrong to expect more from a child than he is capable of as it is to expect less. With due respect to individual differences, a child can dress himself when four years old, can eat on his own when two years old, can carry his school bag from K.G. onwards — provided he is given the proper opportunity. Knowledge of child development also helps to reduce inconsistency of attitudes between parents and grandparents. At all costs, the child must get the same message from all elders — e.g. if he has been told by his mother to clean up his own room or not to eat between meals, each and every member of the household must respect the decision. Any difference of opinion must be settled in private, without the child's knowledge. This gives him a sense of security.

Although parents form the most important influence in the pre-school child, this influence diminishes as the child gets more and more involved with his school and peer groups. While parents form the foundations of personality in the first five years, later they exert a guiding influence. It becomes important for the parent to understand what the child is learning in school and the kind of friends he mixes with. A study by the Maharashtra State Women's Council (various non-institutional services required by children) revealed that many parents were not even aware of the various facilities for their children in their own neighbourhood.

AVAILABILITY OF INFORMATION

The reader must naturally wonder where such information on child rearing etc. is available. There are several books written by doctors, psychiatrists, social workers, psychologists and educationalists that give us good insight. However, it is unrealistic to expect a parent to read all this material. And there lies the main problem. Although numerous books may be available in the English language, very few professionals in India

Continued on page 50

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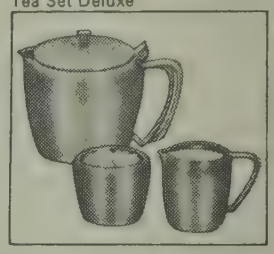
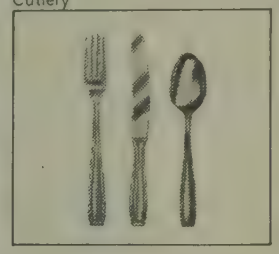


Cutlery



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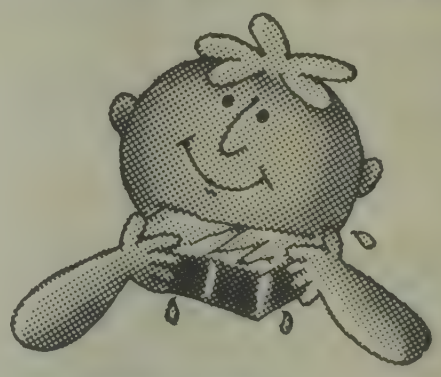

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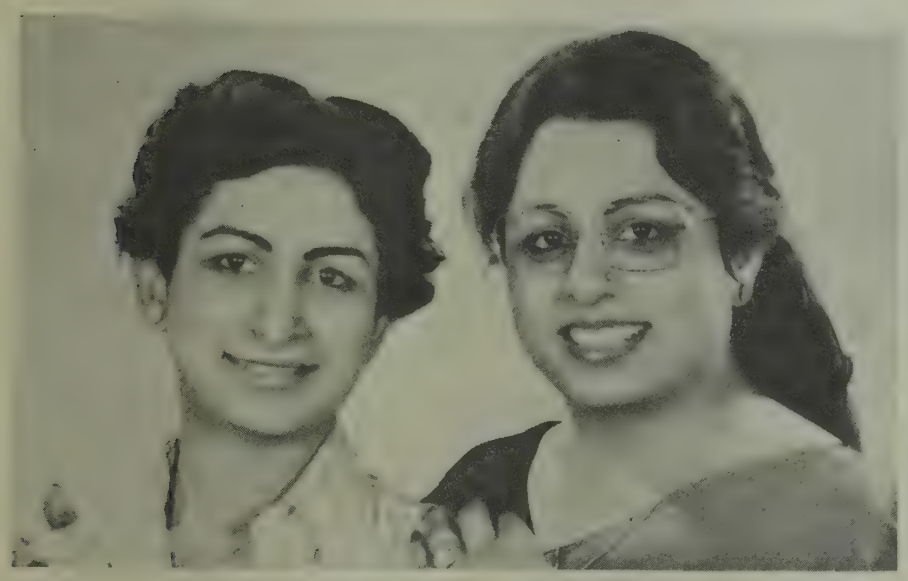
PROVIDING OPPORTUNITIES FOR A DEAF-MUTE DAUGHTER

Sulochana Ahuja's main aim in starting a beauty parlour in Chandigarh was to settle her daughter, 16-year-old Anju, into some profession. Anju is deaf and dumb. She was born with no hearing power and, as a result, she cannot talk either. Her education started with a course of lip-reading at a special school in Dehra Dun. She completed her primary education in a preparatory school in Chandigarh, where she managed to learn to read fairly well. Meanwhile, she had a teacher for lip-reading coming home every day to coach her further.



Sulochana Ahuja and Anju

Right from the very beginning Anju was keen on painting. Her mother, observing the artistic inclination of her daughter, encouraged her. Anju soon became a good painter and, as soon as she was old enough, her mother sent her for formal training to the local Arts College.

After a couple of years, however, there arose the problem of settling Anju into a full-time, lucrative and totally involving profession. It was decided that Anju should do a beautician's course at a beauty school in Delhi. To enable Anju to get complete confidence and absolute security, Sulochana also joined the course along with her. Though a bit slow initially, Anju soon picked up the basics of beauty culture, and now mother and daughter are in business together.

Sulochana says she is very happy to see Anju so involved and so competent at her work. She is a tireless and dedicated worker, whose soft and and gentle touch has won her many clients.

Sulochana deserves praise for having provided her handicapped daughter with not only security, but also such an ideal opportunity to lead a fruitful and normal life.

Romi

BRINGING UP A SPASTIC CHILD

Life has not been a bed of roses for Noor Porbanderwalla of Bombay. She comes from an orthodox family and was married into a similar one — with economic security as the compensation. She was restive and nurtured a childhood ambition to become a beautician. Such a thing was, of course taboo in the family. She met with resistance and so followed a prolonged battle with her in-laws.

Then came another severe blow. Noor gave birth to a spastic baby — and, further, her daughter was out only physically, but also mentally handicapped. It was a terrible exprience for the young mother, and nursing Ameena assumed primary importance in her daily routine.

The process of bringing her up proved extremely trying, and then there followed gruelling years of physiotherapy. She was fully involved with Ameena, who also had a congenital heart defect and a leg that needed surgery. But Noor remained undaunted. Confidence and courage pulled her through the crisis that lasted ten long years.

And to give her daughter the best of care and attention, she founded the "Happy Hours Centre", a school for spastic children. She put in hard work for five full years. In the beginning Noor taught craft to the children — painting, making paper hats and bags, greeting cards, bead necklaces and so on. Later she took up the administrative work, organised various fund-raising activities and arranged for foster parent for the children.

A keen social worker, Noor continues to teach knitting and embroidery to needy girls to enable them to "learn and earn" and this augment the family income.

While with the Centre, she also set up a beauty parlour at home, having been trained In skin and hair care by a Bombay-based German beautician. But beauty is more than skin-deep and Noor, who is now a sought-after beauty therapist, knows this — she specialises in the treatment of all kinds of problem skins, aided by herbal products. She has completed her post-graduate course in Skin, Arnould Taylor (UK); and Beauty Dermatology and Scalp Therapy. Woman's World, Delhi affiliated to the ITEC, London (UK).

She now runs the Woman's World, a well-appointed, well-equipped clinic, situated in suburban Bombay in a serene setting by the sea.

Noor wants to pass her skill on to her daughter, now 16, and to settle her in her profession. "Ameena has already started her training under me," says Noor with a look of satisfaction.

It has been a perpetual struggle for Noor, but she has survived the long years triumphantly. She now wants to take further training in her chosen field and will shortly go abroad for a course in Light Threapy for the treatment of problem skins, which also helps in the slowing down of the ageing process.

Chakresh Jain

Noor Porbanderwalla and daughter Ameena.

Those Welcoming Lands

Hugh and Colleen Gantzer

If your vacation budget cannot rise to dollars, pounds and deutsche marks, take a trip to Nepal, the world's only Hindu kingdom, or to the bright tropical island of Sri Lanka

We have a delightful acquaintance who made a great deal of money by grit, wit and native charm, and then decided that it was time for him to fulfil his greatest ambition. "I wish," he said, with disarming naivety, "to go to the abroad." He was not very choosy about which 'the abroad' to head for. London, Paris and Rome would be excellent, with New York thrown in for good measure. But if he couldn't make the Big Four, even Timbuctoo would do: the important thing was to go to 'the abroad'. For, as many of our countrymen will admit, Indians regard their "foreign-returned" friends with a certain reverential awe and status-enhancement.

And so, if your vacation budget cannot rise to dollars, pounds and deutsche marks, despair not. You can go abroad, North or South, and still feel fairly happy with your finances in these inflationary times.

Take a trip to the world's only Hindu, Himalayan, kingdom of Nepal: increasingly popular destination of the world traveller. Or, sail across the warm seas to the bright and tropical island of Sri Lanka, where prosperous Germans bask in chartered plane-loads. And in both places, Indians are still popular as tourists.

Nepal is the more exotic of the two for those who live south of the Vindhyas. And you need no visas, passports, Foreign Travel Allowance or even a currency change to get there. If you have no passport, get a certificate from your local magistrate certifying that you are an Indian citizen, pack your bags and your Rupees — Indian Rupees — and take off. Nepal is served by Indian Airlines and Royal Nepal Airlines, as well as by road via Bihar's Raxaul, which is 200 kms. down a beautiful Chinese-built highway to the capital, Kathmandu. And we repeat, in case you have not got the message, that Indian currency is legal tender in Nepal.

Incidentally, you should dress as you would for the lower hill-stations of India (Kathmandu looks, and feels, the twin of Dehra Dun) because the royal capital is in a beautiful valley surrounded by hills. The accommodation available ranges from hippie hideouts to high-rise hotels and, for those who want to give themselves a treat, an organisation called 'Holiday Nepal', offers packaged holidays in some of the better hotels. Eating out is also reasonable, as is local transportation: budget 75 per cent of equivalent Indian prices and remember to bargain

ABOVE: The drums still thunder in front of the revered temple at Kandy, Sri Lanka.

with the rickshaw-man before you hire his vehicle. Local shopping is good — Nepalese 'pashmina' shawls tend to shed hair at first but are light and warm, handicrafts are well-made, ready-mades are a little more expensive than the Janpath variety but better made. Incidentally, resist the temptation to indulge yourself in imported cosmetics, cassettes and sound equipment: our Customs will pillory you on your return. If your tastes run to such diversions, you can gamble in the only casino in the sub-continent. Casino Nepal, in the basement of the Soaltee Oberoi hotel offers free transportation to and from town and provides a mini-Las Vegas, smoke-and-suspense filled atmosphere, where you tend to forget time and clock your hours by the rise and fall of the chips before you.

For excursions from Kathmandu, the sky's the limit: quite literally. The RNAC is very involved with tourism — unlike our distant Indian Airlines — and fly an excellent Everest flight, apart from landing you in remote and beautiful hamlets on their STOL aircraft. But if you wish to travel the more conservative land route, you can still see a great deal without leaving the Kathmandu valley.

Pashupatinath Temple is a must, with its approach road lined with pretty flower sellers and its richly sculpted courtyard aflutter with rock pigeons. Technically it's restricted to Hindus. There's an excellent view of the temple from across the river. Here, once, we met a bearded and articulate **sanyasi** from Kerala who, with renunciate prescience, identified our companion as "A lady from Bengal". She was, in fact, a daughter of one of the oldest families in Nepal: perhaps his ESP had gone on the blink, so far from home! Puckish things happen in Kathmandu.

Like the little Hindu girl who becomes the Living Goddess according to Buddhist rites and lives in holy incarceration — except for festive days — surrounded by her playmates and teachers till she reaches womanhood. After which the incarnation passes to another infant Goddess. We saw her flashing her elaborately-painted child's eyes from a highly-carved balcony-window off the old Durbar Square.

Carved balconies, windows, doors, facades, eaves and icons are very much part of the living heritage of Nepal and are really seen at their best in the ancient cities of Patan and Bhadgaon: both also in the Kathmandu valley. You can wander for hours among the cobbled streets and see more sculpted beauty in a golden afternoon than you would in the asceptic halls of a dozen Oriental Museums. You might also see an animal sacrifice, but then that's the chance you take!

Carved balconies, windows and doors are very much part of the living heritage of Nepal.

A reclining Buddha set against the background of rolling acres of green in Sri Lanka.

The Kathmandu valley also holds that prime symbol of Nepal: the all-seeing eyes of Lord Buddha gazing out of the pyramidal sides of the Swayambhunath stupa. We were told that they are painted; we were told that they are symbols. But it is one thing to be told and quite another thing to know. And as we flew out of the mist-softened magically-landscaped valley of Kathmandu, we knew that the eyes of the great Lord continued to follow us with blue and benevolent watchfulness till we reached the low, flat, plains of India.

For the dwellers of these northern plains — and its mountains, for that matter — distant,

Photographs : Gantzer

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What's a girl like you doing with that razor? Shaving? But it's for men!

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gemmed Sri Lanka is by far the more romantic destination. You can fly to the island republic, of course: Indian Airlines, Air Lanka and Swissair service our orchid-bright southern neighbour. We, however, did the trip from Tamil Nadu's Rameshwaram, across Lord Rama's islanded shallows, to Talaimannar. The crossing takes three hours in a comfortable, and immaculate, Shipping Corporation of India ship and if you want to know more

Exquisite sculptures on street walls speak of Nepal's reverence for its ancient heritage.

details about it, contact your nearest SCI agent or write directly to the SCI office at Rameshwaram.

Unlike Nepal, Sri Lanka requires Indians to have passports, visas and hard currency to change to Sri Lankan rupees. But the Customs and Immigration authorities in Sri Lanka are sott-spoken, polite and most reasonable, even though they have magnificent Alsatians who wag their plumed tails and snitt out hash-carrying hippies with obvious canine delight!

There is a convenient overnight train linking Talaimannar with the all-tourists destination city of Colombo.

Colombo, the capital, is a green and gracious city with much of the old-world grace of Madras. Here, too, accommodation is wide-spectrum, as is transportation and food. Local Sri Lankan food tends to be hot and spicy but we recommend their string-hoppers with any one of their wide arrays of fish curries. And if you want to get a preview of the sort of food you might encounter on the island, visit the New Victoria Hotel near Egmore Station the next time you're in Madras: their Sri Lankan food is good.

You will, in all likelihood, be as surprised as we were at the great similarity between Sri Lanka and our own southern states. But don't comment too loudly about this: everyone likes to be recognised for his individuality. Search for all that is unique about Sri Lanka and your holiday will be really rewarding.

Shopping, for instance, is a delight in Sri Lanka because of the frown-smile syndrome: seems too expensive (frown); but it's Sri Lankan rupees, not Indian (smile). The exchange rate is still in our favour. Their batiks are excellent and widely exported, so are their cut-work blouses and readymades. Gifts for family and friends could include batik shirts, skirts, maxis; exquisite — and expensive — tortoise-shell ware; semi-precious stones from the gem city of

Towering palms form an impressive avenue in Sri Lanka's Peradeniya Gardens.

Ratnapura. And bright ceremonial masks of all sizes.

In a little hamlet we had the privilege of meeting Ariyapala, Gurunanse, master-craftsman. His ancient art would have died had Sri Lanka's tourist boom not revived it. And we listened enthralled as he told us tales of gods and demons and folk heroes — all carved into the colourfully bizarre masks hanging from the walls of his home.

Also available cheaply and in plenty are spices of great purity, including genuine cinnamon quills: we normally get the coarser cassia, crude relative of cinnamon, in India. And vanilla pods.

Driving out of Colombo to high, wooded, Kandy, you have to pass spice gardens and it is well worth your while to stop for a half-hour or so. You can pick up bargain packets for the culinary fans back home.

The old Sinhala kings — descendants of colonising North Indians — fled from their ancient coastal cities of Anuradhapura and Polonnaruwa because of repeated invasions by the dynasties of South India. These

NEPAL

Passport :	No passport required for Indians. However, a certificate from a magistrate is necessary, to certify that you are an Indian National.
Visa :	Not required.
Health :	International Health Certificate, with valid innoculations against small-box, cholera, typhoid.
Currency :	Indian rupees valid as legal tender.
Capital :	Kathmandu, located in a valley at an elevation of 4,400 ft.
Clothes :	As for North Indian hill stations.
How to Get There :	
Air —	Royal Nepal Airlines from Calcutta, Delhi and Patna and Indian Airlines from the same cities and also Varanasi.
Road —	From Raxaul in India, through Birganj in Nepal and on to Kathmandu.
Accommodation :	In Kathmandu, ranging from Rs. (N) 1125/- double with breakfast at Soaltee Oberoi to Rs. (N) 50/- single with breakfast at Himalayan View. **Holiday Nepal** offers a Kathmandu package, valid upto Sept. 30,1980, covering 4 days and 3 nights accommodation, 2 children under 12 free without bed, transfer to hotel, 2 guided sightseeing trips, a cultural programme, Rs. 100 free play coupons in Casino Nepal every evening for all three evenings. They expect to get a 30 per cent excursion fare on RNAC & IAC ex-Calcutta and Delhi. a) If at Soaltee hotel — Rs, (I) 555 per person. b) If at Crystal, Yellow Pagoda, Shangrila, Narayani or Blue Star hotels — Rs. (I) 333 per person. For more details, contact Mr. Arun Jain, Representative India, Hotel Ambassador, New Delhi 110003 (Tel : 690391).
Local Transport :	Metered taxis in Kathmandu. Cycle riscksha ws — bargain in advance.
Embarkation charge :	Rs. (N) 40/-
For Further Information :	Contact Tourist Information Centre, HM Govt. of Nepal, Basantpur, Kathmandu.

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Hot Beverage (Clear Soup)

Dissolve a Maggi Chicken Cube in 1 large cup (200 ml.) of boiling water and serve.

Chicken Flavoured Thick Soup

Make a thin paste with flour (1 teaspoon) and a little water.
Add the paste and 1 Maggi Chicken Cube into 1 large cup (200 ml.) of boiling water.
Boil for a minute and serve.

Chicken flavoured Pullao

Fry chopped onions/garlic in a little oil, till light brown in colour.
Add 4 cups of water, 4 Maggi Chicken Cubes and 2 cups of rice
Cook till done and serve.

MAGGI Chicken Cubes The tasty favourite

two ruined cities must be seen if you want to capture the timeless wonder of Sri Lanka. It is also a perspective, realising experience to see India as an ancient aggressive, and invading, power. But then again, it was from India that Sri Lanka received its gentle Buddhist faith, centuries before the Cholas and Kalingas attacked and destroyed Anuradhapura and Polonnaruwa.

And so the old kings of Sri Lanka set up their new capital in the highlands of Kandy and built a beautiful temple to guard their most revered relic: the Sacred Tooth of Lord Buddha. They also dug an emerald-green lake to reflect the temple and cool the town. The temple and the lake still stand in this religious hill-station and the drums still thunder in front of the revered relic every evening in Kandy. Make it a point to visit this beautifully maintained temple in time for the evening worship.

Outside the former capital lie the gardens of Peradeniya: striking for their rolling acres, rare trees, towering Royal Palm avenue and breath-taking collection of orchids. This garden is a delight for the plant-lover and their display of anthuriums almost rivals their orchids. But watch out for the poison tree of Java: legend has it that the forest giant breathes out a deadly gas at night, suffocating all who dare to sleep beneath it.

But if it's fresh air you want, Sri Lanka's beaches can offer corals and crowds at Hikkadua, or silver sands and solitude at Beruwela. And a whole range of choices in between, including the very fashionable Mount Lavinia, just outside Colombo.

And, at the end of your vacation, if you look back nostalgically, the surf and sand of Sri Lanka will be whispering, whispering a farewell, and a welcome to return to this magic island in the south.

SRI LANKA

Passport : Neccssary for travel to Sri Lanka.

Visa : Obtained from nearest Sri Lanka High Commission/Consulate or from the Sri Lankan Embassy, 27, Kautilya Marg, Chanakyapuri, New Delhi. Charge of Rs. (I) 2/- for form. Set of photographs required. No charge for visa.

Health : International Health Certificate, with valid inoculations against small-pox.

Currency : Indian Rupees to be converted to sterling or Dollars (US). Reserve Bank permission necessary. Present allowance for travel to Sri Lanka is Indian Rupees 400/-. In addition you are entitled to US$ 500 under the Foreign Travel Scheme every two years.

Ticket : To be purchased in advance, as the Reserve Bank wants to see this before they release foreign exchange.

Clothes : Light terry-cotton and cotton for beaches and lowlands and a cardigan or jacket for the hill country.

Capital : Colombo, on the west coast, has a port, international air terminal and rail terminus.

How to Get There :

Air — Air Lanka operates flights from Bombay, Madras and Trivandrum, Indian Airlines operates flights from Madras, Trivandrum and Trichy, and Swissair has a once-a-week flight from Bombay

Sea — The Shipping Corporation of India runs a ship between Rameshwaram and Talaimannar in Sri Lanka. Ship leaves around 2.30 pm. Mondays, Wednesdays and Fridays. Returns on Tuesdays, Thursdays and Saturdays, leaving Talaimannar in the morning. Contact nearest SCI office or the SCI Manager, Rameshwaram, for bookings.

Rail — From the port of Talaimannar to Colombo is an overnight journey by the train which waits for the ship to arrive.

Local Transport :

Road — Metered taxis available in Colombo and other principal towns. Bus to all places. For detailed information, contact Ceylon Transport Board, Central Bus Station, Olcott Mawatha, Colombo 11.

Cars can be hired along with drivers. Cars can also be rented to be self-driven. Contact: Hertz-Quickshaws Ltd., Kaliga Place, Colombo 5; Inter Rent, Mercantile Tours (Ceylon) Ltd., 23, York Arcade, Colombo 1.

Rail — Railways serve important towns from Colombo. For information and bookings, contact Railway Information Centre, Colombo International Airport, Katunayake, Sri Lanka.

Accommodation :

Anuradhapura — Tissawewa Rest House: Rs. (SL) 85/- single room only, to Nuwarawewa Rest House: Rs. (SL) 215/- double room only.

Colombo — Lanka Inn: Rs. (SL) 85/- single room only to Lanka Oberoi: Rs. (SL) 864/- double room only.

Kandy : — Windy Cot: Rs. (SL) 70/- single room only to Hotel Suisse: Rs. (SL) 245/- double room only.

Polonnaruwa — Rest House: Rs. (SL) 125/- single room only to Amalian Nivas: Rs. (SL) 210/- double room only.

Embarkation Tax : Rs. (SL) 25/- at Colombo International Airport and Rs. (SL)2.50 for ship passengers.

For Further Information : Contact the Travel Information Centre, Ceylon Tourist Board, 25 Galle Face Centre Road, Colombo 3, Sri Lanka.

A good publication to get is "This month in Sri Lanka", published by Spectrum Lanka, 28 Upper Chatham Street, Colombo 1, Sri Lanka.

NOTE: If you are emplaning from an Indian airport there is an embarkation fee of Indian Rupees 50/- for travel to Nepal and Sri Lanka.
(a) Rs. (N) means Nepali Rupees
(b) Rs. (SL) means Sri Lankan Rupees
(c) Rs. (I) means Indian Rupees
The rough exchange rate for the Indian Rupees is Rs. 1.50 Nepali and
Rs. 2.00 Sri Lankan.

THE RIGHTS OF THE CONSUMER

A GUIDE TO CONSUMER PROTECTION LAWS

Manohar T. Santwani

PART TWO

ALCOHOLIC DRINKS

If you come across a bottle of whisky bearing the label "malt whisky" (meaning made from barley malt), or "blended whisky" (meaning made from a blend of malt whisky and neutral spirit), or simply "whisky" (meaning made from neutral spirit only), you have no choice but to accept it as such because it is difficult to trace back the raw material except at the source of manufacture. It is also well-nigh impossible to verify through tests the declared maturity in terms of years except with well-kept records, and the proportion of blending because a few drops of fine malt whisky in neutral spirit can qualify for the tag "blended whisky."

The manufacture and sale of alcoholic drinks are regulated by State Excise Acts which take care of only the alcohol content in different liquors for the purpose of excise revenue, leaving the classification and other quality parameters to the sense and judgement of the manufacturer.

At present there is no law to classify the various types of liquors on the basis of their composition, and to ensure that the liquors conform with the declaration on their labels.

But the Indian Standards Institution (ISI) has laid down standards for different types of whiskies and brandies and has laid down other requirements like raw materials, maximum limits of harmful constituents like lighter alcohol, aldehydes and furfural, maturity, etc. in various liquors. For instance, whiskies and brandies can qualify for the blended grade only if at least 30 per cent of malt whisky or grape brandy is added to the natural spirit.

Though some of the manufacturers of liquors have obtained the ISI certificate for their products, this is voluntary. It is only through a strong consumer demand that all manufacturers can be forced to obtain this.

HYGIENE IN FOOD HANDLING

You can expect the degree of hygiene in eating places to vary according to their classification and the charges indicated on the menu. Quality of the food served is governed by PFA and in certain cases the Municipal Acts of the States under which the restaurants are licensed. Most of the five-star hotels maitain good standards of hygiene in the kitchen and pay due attention to the cleanliness of the waiters. According to the rules, all the persons handling food should be periodically inoculated against a number of diseases like cholera, typhoid and small-pox and maintain records of these for the inspection by health authorities. Any person suffering from cuts, bruises and rash on the skin, diarrhoea, dysentery, etc, should be temporarily debarred from work. You have a right to refuse the dish and the payment if you have proof that it has been prepared under unhygienic conditions or the waiters handle the food in a shabby manner.

In case you are dissatisfied, you should contact the health authorities dealing with PFA.

Similarly, food processing factories like fruit and vegetable canning units are governed by the Fruit Products Order, 1955. Before licensing these units, minimum hygienic conditions are ensured and subsequently periodic checks are made. In case of any grievance, you should contact the administrators of the FPO. It is only through active consumer participation that unhealthy practices can be corrected. We come across many instances where consumers have taken unhygienic processing complaints even up to the Parliament, and wide press publicity is given to such things as bottled milk, soft-drinks, bread, etc, containing cockroaches or flies. It is your right to get edibles and drinks of the right purity, processed hygienically.

VOLUNTARY CERTIFICATION SCHEMES

On entering any food shop, you will notice a number of products like spices, butter and edible oils bearing the Agmark label and certain other foods like biscuits, cheese, instant coffee and infant foods bearing the ISI monogram. These show that the products have been produced under two voluntary certification schemes, namely, the Agricultural Produce (Grading & Marking) Act, 1937, and the Indian Standards Institution (Certification Marks) Act, 1952. They also provide a third party guarantee to a consumer that these products conform to the relevant standards with regard to quality, grade, safety, etc.

Semi-processed and raw agricultural commodities are graded under Agmark Rules on the basis of the size of the grains, amount of foreign matter, insect infestation, etc. and also cover specifications for various edible oils, processed spices, etc. On the other hand, processed foods and the various other items are covered by Indian Standards which include all the essential requirements to make a product wholesome, pure and of good quality. The ISI scheme of testing and inspection for various products also ensures that under certain conditions a consumer can claim replacement or repair, free of cost, of any ISI-marked item if found sub-standard. Therefore, to be sure that you get a product of proper quality you should buy only ISI-marked or Agmark goods. By such insistence, consumers can compel processors and manufacturers to produce goods of appropriate quality conforming to quality standards. The Directorate of Marketing & Inspection that is established in almost all the States is the administrator of the Agmark rules while the Indian Standards Institution with its regional and branch offices located in almost all important places in India controls the operation of ISI certification. In case of any complaint or grievance with regard to the quality of the certified products, you should contact the above authorities and help ensure the continued supply of quality products.

DRUGS AND COSMETICS

We all know the importance of quality in the case of drugs in general and those of the life saving drugs in particular. Substandard or spurious drugs can often be fatal while such cosmetics can cause undesirable allergic reactions in certain sensitive individuals and can often disfigure the user. The quality of drugs and cosmetics is controlled by the Drugs and Cosmetics Act, 1940 and Rules 1945. According to the Act, "any drug that is an imitation of or a substitute for any other drug or

its label or container or anything accompanying the drug bears any statement or design which makes any false claim for the drug or which is false or misleading will be considered as the misbranded drug." In case any drug "consists of any filthy, putrid and decomposed substance or has been prepared, packed or stored under unhygienic conditions, or if its container is composed of any poisonous or deleterious substance rendering the contents injurious to health or contains any unpermitted colours, the drug will fall under the category of adulterated drugs."

The Act makes it a criminal offence for any person to manufacture, sell, store or exhibit for sale or import, any misbranded or adulterated drug and any person contravening the provisions of the Act is punishable with imprisonment which may extend to one year or with fine up to Rs. 500 or both. The law, however, does not provide for any compensation to the consumer in case of any injury sustained due to the use of any spurious or misbranded drug. He has to seek legal redress through the court.

This Act not only governs drugs manufactured by companies or those stocked by the chemists but also those dispensed by dispensing units as well as by private medical practitioners.

According to law, all patent or proprietary medicines are required to list all the compositional ingredients on the label and all the other drugs to conform to the standards of quality stipulated in the Indian Pharmacopoeias for Allopathic, and Homoeopathic drugs. Drug Inspectors carry out routine checks on all the chemist shops and manufacturing units to ensure their compliance with the provisions of the Act. Random samples are also drawn and analysed at the drugs laboratories to ensure their genuineness. In Delhi alone about 30 to 40 prosecutions are launched by the health department every year out of which four or five pertain to misbranded drugs while over 90 per cent relate to over-charging, the latter mainly based on consumer complaints.

In case you suspect the genuineness of any drug or cosmetic, you can get it analysed by a government analyst on payment of a prescribed fee. However, such test reports may not be accepted in courts of law, especiallly with regard to the method followed for drawing

CASES IN THE COURTS

Legal action in about 24,000 cases of violation of the Weights and Measures Act were pending in the States and Union Territories of the northern region by the end of 1979. Out of these about 3000 cases were committed to the courts in the last quarter of 1979, and 800 ended in conviction. This shows rampant violation of the consumers' right to get a fair deal from traders. Cement occupies a unique position in consumer complaints about short-weight. Next in number are the complaints about faulty taxi and auto-rickshaw meters. followed by complaints about petrol pumps.

Guide to Relevant Statutes for Consumer Protection

SL. NO.	NATURE OF GRIEVANCE (PERTAINING TO)	MAIN ACTS/REGULATION/ORDERS APPLICABLE
1.	Quality and Purity of Foods	Prevention of Food Adulteration Act, 1954, and Rules, 1955; Fruit Products Order 1955; Meat Food Products Order, 1973; Sugar (Control) Order, 1966; Vegetable Oil Products Order, 1947; Vegetable Oil Products (Standards of Quality) Order, 1972; Solvent Extracted Oil, Deoiled Meat and Edible Flour (Control) Order, 1967.
2.	Hygiene in Food handling in factories and restaurants	Prevention of Food Adulteration Act, 1954, and Rules, 1955; State Municipal Acts.
3.	Suspected adulteration or quality of goods, drawing samples for analysis	Prevention of Food Adulteration Act, 1954, and Rules 1955.
4.	Quality of drugs and cosmetics	Drugs and Cosmetics Act, 1940, and Rules, 1945.
5.	Drug price, over-charging	Drugs (Price Control) Order, 1979.
6.	Misleading and wrong labelling of foods and drugs	Prevention of Food Adulteration Act, 1954; Drugs and Cosmetics Act, 1940; Standards of Weights and Measures (Packaged Commodities) Rules, 1977; Sale of Goods Act, 1930.
7.	Tall claims assigning magical properties to certain items	Drugs and Magic Remedies (Objectionable Advertisments) Act, 1954.
8.	Quantity for sale, their measures, price marking	Standards of Weights and Measures (Packaged Commodities) Rules, 1977; Standards of Weights & Measures Act, 1976; Sale of Goods Act, 1930.

Guide to Relevant Statutes for Consumer Protection

SL. NO.	NATURE OF GRIEVANCE (PERTAINING TO)	MAIN ACTS/REGULATION/ORDERS APPLICABLE
9.	Hoarding and non-availability of essential commodities	Essential Commodities Act, 1955.
10.	Defective services, wrong claims	Indian Contract Act, 1872.
11.	Defective goods	Sale of Goods Act, 1930.
12.	Electrical appliances safety and quality	Household Electrical Appliances (Quality Control) Order, 1976.
13.	Damage to electrical appliances due to violent fluctuations of electricity, defective metering	Indian Electricity Act, 1910, and Rules, 1956.
14.	Gas cylinders, etc.	Indian Explosives Act, 1884; Explosive. Substances Act, 1968; Gas Cylinder Rules, 1940.
15.	Quality of textiles	Cotton Textiles Control Order, 1948.
16.	Personal injuries in factories and workshops	Personal Injuries (Compensation Insurance) Act, 1963.
17.	Credits and non-return of capital amounts	Companies Act 1956; Banking Regulation Act, 1949; Securities Contracts (Regulations) Act, 1956.
18.	Quality of foods guaranteed under voluntary schemes	Indian Standards Institution (Certification Marks) Act; 1952, & Rules & Regulations, 1955; Agricultural Produce (Grading & Marking) Act, 1937.
19.	Quality of general goods guaranteed under voluntary schemes	Indian Standards Institution (Certification Marks) Act, 1952, & Rules & Regulations 1955.

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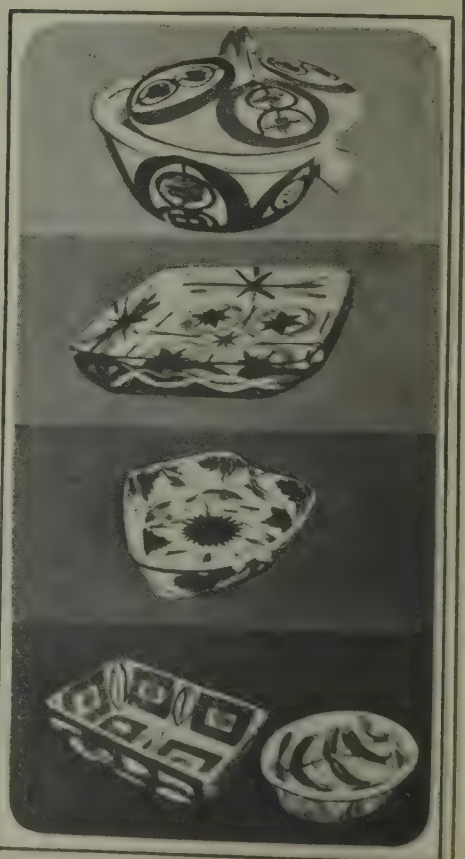

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THE RIGHTS OF THE CONSUMER

samples, etc. Hence, it is better to report the matter to the Drugs Controller of your area. In certain States like Delhi, the Food and Health Departments are separate, while in certain places like Maharashtra, the Food and Drug Departments have been combined into one Food and Drugs Administration. These health departments generally operate a Complaint Cell which receives consumer complaints over the telephone. However, it should be borne in mind that a cash memo or a receipt is a must to sustain your complaint or allegation.

The law authorizes only qualified pharmacists to sell or dispense drugs and makes it an offence to sell wrong drugs against the prescription through carelessness. However, the law does not place any obligation on the doctors to write the prescription legibly for the safety of the patient. Some doctors' prescriptions are almost illegible. In a number of advanced countries, medical practitioners are required by law to write prescriptions in capital letters. It is therefore your right to insist on a properly written prescription from your doctor to avoid mistakes in dispensing.

The Drugs (Price Control) Order, 1979, protects you against overcharging by a chemist for any drug. The price normally includes that specified on the container together with the local taxes, which vary from one State to another. Though the law does not provide for recovery of the excess amount charged by the chemist, the violation of the order makes the chemist liable to punishment by a fine. It is heartening to find that almost all prosecutions for overcharging are launched on the basis of complaints by consumers. For any action in this matter it is necessary to produce the cash memo, without which no legal action can be initiated by the drug authorities.

An allied Act, namely the Drugs and Magic Remedies (Objectionable Advertisements) Act, 1954, and the Rules, 1955, forbid any person from advertising any drug, talisman, or trinket assigning any magic properties to these for the cure of diseases. The Act includes in its schedule diseases like diabetes, menstrual disorders of women, cancer, height, and arthritis. However, most of the manufacturers and advertisers of such products cleverly escape the provisions of this Act by claiming cure of various diseases or increase in the height of persons through exercises. One is reminded of an interesting case in which a firm claimed cure of arthritis by placing a small wooden stick on the affected joint, which amounted to assigning magic properties to it. However, the firm escaped punishment by claiming that it was by exercise of the affected part through the stick that the arthritis was relieved and not by any magic.

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ESSENTIAL COMMODITIES

As a consumer you have a right to obtain essential commodities at a reasonable price. This means that no shopkeeper can withhold from sale or hoard any essential commodity ordinarily kept for sale or demand an inflated price. With a view to ensuring this, the Essential Commodities Act, 1955, controls the production, supply and distribution of certain essential commodities like foodstuffs, including edible oilseeds and oils, coal, petroleum and petroleum products, sugar, component parts and accessories of automobiles, cattle fodder and any other commodity which the government may declare from time to time to be an essential commodity. The Act empowers the government to search or examine the premises, any aircraft, vessels or vehicles for any article where the contravention of the Order is suspected. The government also fixes every year the price of certain commodities like sugarcane as well as the finished product like sugar and edible oils so that a consumer can buy the different essential commodities at a fixed price. The powers to enforce the provisions of the Act have been vested with the Central and State governments. In case any person contravenes the orders, he can be punished with imprisonment for varying periods depending on the nature of the offence.

In case you are denied any of the essential commodities which you have reason to believe is available at the shop, especially the fair price shops, you should immediately bring this to the notice of the Civil Supplies Department of your area who are responsible for the administration of this Act.

Most of the orders like Meat Food Products Order, 1973, the Drugs (Price Control) Order, 1979, Sugar (Control) Order, 1966, Vegetable Oil Products (Control) Order, 1947, and the Solvent Extracted Oil, Deoiled Meal and Edible Flour (Control) Order, 1967, spring from this Act and include more elaborate provisions with regard to their control.

WEIGHTS AND MEASURES

Perhaps no other area offers wider scope for cheating the consumer than weights and measures. Short-weight weighing of goods together with the containers, use of sub-standard weights and measures, false declaration of weight on the packaged commodities, tampered taxi and auto-rickshaw meters, and defective petrol pumps are but a few examples of the malpractice. You are protected against this malpractice by the Standards of Weights and Measures Act, 1976, and the Standards of Weights and Measures (Packaged Commodities) Rules, 1977, made thereunder. The powers to enforce the Act and the Rules lie with the State Controllers of Weights and Measures.

The Act mainly aims at the establishment of weights and measures based on the international system (briefly known as SI units) like degrees Celsius (^{O}C) approval of the prototypes of weighing and measuring instruments, control and regulation of export and import of weights and measures and commodities in the packaged form.

The Act prohibits the use of non-standard weights like bricks, wooden blocks, coins and non-standard measures and makes it obligatory to employ standard weights and measures including inscriptions or indications in a certain style. It is illegal to indicate the contents of any package or carton or show a price in units other than prescribed standards of weights and measures and monetary units. For instance, cloth should not be sold in inches or yards but in meters and centimeters, packets of food should not indicate weight in pounds or tolas. You have a right to reject such packs and report the matter to the State Controller of Legal Metrology. The punishment for such illegal practice has been spelt out by law as a fine extending to Rs. 2000 in the case of first offence and imprisonment for a ferm up to three years for subsequent offence.

Continued on page 51

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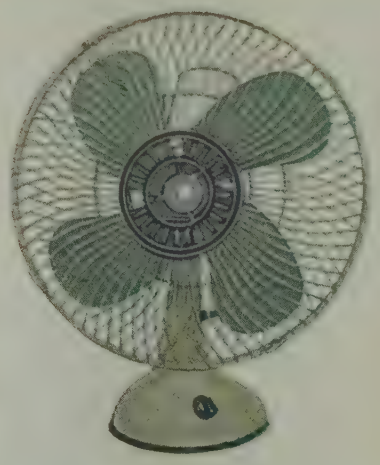
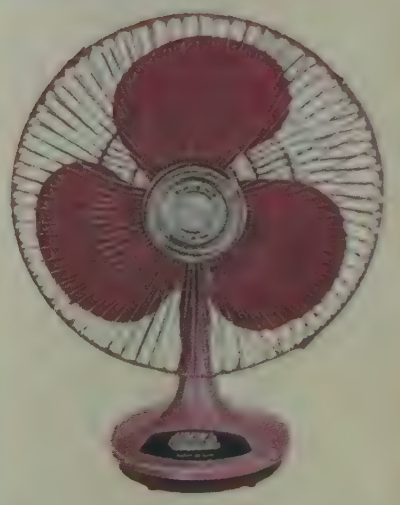


Deluxe



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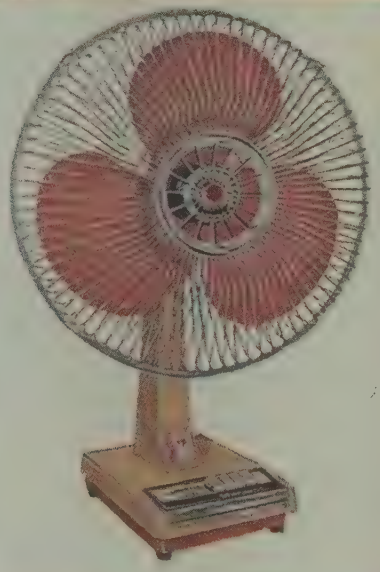
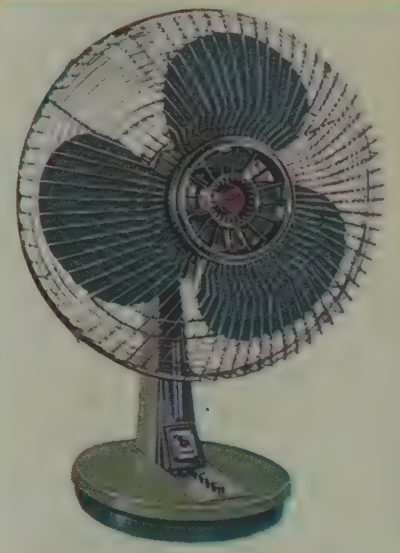
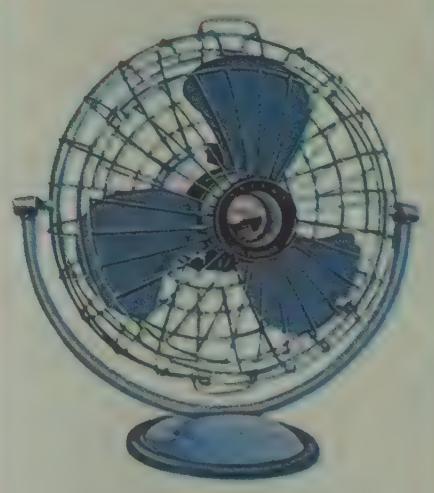


Desk



Super Desk

Summer Queen



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OGI—2/79

THE LITTLE WOMAN
by Don Tobin
GOOD-BYE, DEAR - HAVE A NICE DAY...
BACK SO SOON?
DIDN'T I TELL YOU TO BUY GAS YESTERDAY?
YES, AND I DID -
WELL - THE TANK IS DRY AS A BONE TODAY!
I'M SORRY, BUT IT'S ALL YOUR FAULT -
MY FAULT?
10-21
YES - YOU KEEP SAYING WITH THE PRICE OF GAS SO HIGH, WE'VE GOT TO ECONOMIZE ...
...SO I ECONOMIZED AND ONLY BOUGHT ONE GALLON -
@*!!*
IT WAS JUST ENOUGH TO GET ME TO THE STORE AND BACK!
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"Doctor, I want to thank you for your great medicine."

"It helped you, did it?" asked the doctor, very pleased.

"It helped me wonderfully."

"How many bottles did you find it necessary to take?"

"Oh, I didn't take any of it. My uncle took one bottle and I'm his sole heir."

* * *

"But I've signed your book before," said the much publicized film-actor.

"Yes sir, but when I get ten of yours I can swap them for one of John Travolta."

* * *

Joking customer: "How much are your fifty-rupee shoes?"

Smart salesman: "Twenty-five rupees a foot."

* * *

"Why did you engage that man as a cashier? He squints, has a crooked nose and outstanding ears."

THAT'S A LAUGH!

"Of course. He will be so easy to identify if he ever absconds."

* * *

An indolent Vicar of Bray
His roses allowed to decay.
His wife, more alert
Bought a powerful squirt.

And said to her spouse, "Let us spray."

* * *

"Doctor, I'm sorry to drag you so far out in the country on such a bad night."

"Oh, it's all right, because I have to visit another patient near by, so I can kill two birds with one stone."

* * *

The reporter came idly into the office. "Well," said the editor, "what did our eminent statesman have to say?"

"Nothing."

"Well, keep it down to a column."

* * *

Magician (to youngster he has called up on the stage): "Now, my boy, you've never seen me before, have you?"

Boy: "No, Daddy."

* * *

Farmer: "This is a dogwood tree."

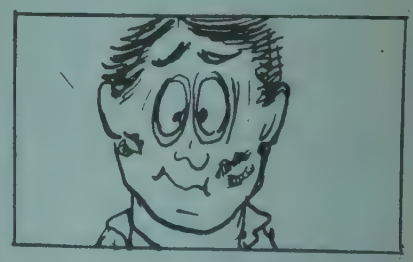
Tourist: "How can you tell?"

"By its bark."

* * *

"I believe in calling a spade a spade," said the emphatic man.

"That's right, friend," replied Bronco Bill. "There was a man who nearly lost his life



here by getting into a game and trying to call a spade a club."

* * *

Mr. Basu (arriving home after midnight): "I'm tired. I've had my nose to the grindstone since early this morning."

Wife: "Then you'd better get a grindstone that doesn't get lipstick and powder all over you."

* * *

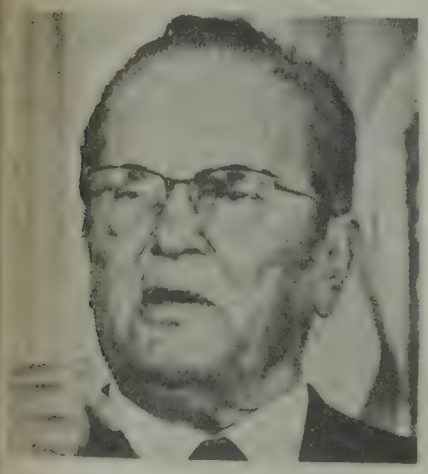
Compiled by George Fegradoe

PEOPLE KNOWN AND

Indian film stars after raking in the moolah from this country, seen to have suddenly developed a "nafrat" towards their homeland, and "Vilayat" beckons them eagerly. Actor **David** set the trend by migrating to Canada a couple of years ago. Now comes the news that **Shashi Kapoor** and his "angrezi biwi" Jennifer want to settle down in England and produce Shakespearen plays. **Bindiya** and **Vinod Mehra,** we hear, want to leave our "narrow minded" society and move to the United States, where multiple divorces are more acceptable. But the rumour to top all rumours is that a shrewd **Zeenat Aman,** who knows that **Imran Khan's** fast bowling days can't last forever, and isn't at the same time keen to go behind the purdah in Pakistan, is reportedly prevailing upon her beau to pool their not inconsiderable resources and settle down in England.

* * *

A giant is no more. **Marshal Josip Broz Tito,** one of the greatest architects of Communism and the leader of Yugoslavia since World War II, died of complicated ailments after fighting his diseases for more than two months. A man whose love for his country made him fiercely independent, he even let it ruin his marriage. As a Partisan fighter, he defied Hitler successfully. Side by side with him was a rifle toting, raven haired comrade, **Jovanka,** who became his third wife in 1952. It was said at one time that Jovanka Broz Tito wielded as much power as her husband. Obviously Tito resented it, and reportedly sent her away into political exile in 1977. She was not heard of in the media again and, once a cryptic Tito, when questioned, answered, "She is my wife. She remains my wife. She is living at my residence in Belgrade." It is said that she refused to take late night telephone calls from senior officials and was once quoted as saying: "I don't care how important it is. I will not have the President disturbed tonight." To which the peppery old Tito replied: "You will in future allow me to decide what requires immediate action and what can wait till the next morning." Inspite of the broken marriage, it is obvious that Madame Jovanka loved her husband dearly, for Yugoslavian mourners saw her weeping uncontrollably during the funeral ceremony.



* * *

The Amritrajs seem to have a penchant for the mystic. A few yeas ago, one of the boys shyly admitted in a magazine interview that although they were Catholics, their mother followed the tradition of the Hindus and did a "sutti" (a kind of ritual to ward off evil spirits) every time they came back from a victorious tournament. Recently, a blushing and embarrassed **Vijay Amritraj** told New York reporters that he was returning home for treatment of bursitis in the knee. Vijay has had problems in the joints for quite some time now. "There is this man at home," said Amritraj. "I would not call him a doctor. He gives me powders made from herbs that really help."

To further mystify the Americans, he added: "I have different powders for different parts of my body. I carry the bottles all over the world. One is marked 'arm,' another 'stomach,' another 'shoulder.'" Defensively, he concluded: "It may sound strange but it works for me." Obviously it does, for Vijay Amritraj is playing like he never played before, and his eyes are now firmly set on the elusive Wimbledon crown.

* * *

At one time, the first three wives of flamboyant Indonesian President Sukarno were jealous of his fourth and most lovely Japanese wife, **Ratna Sari Dewi.** But with Sukarno's ouster and death, she returned to Japan and to her original Japanese name. Recently, the four wives decided to stop squabbling amongst themselves and form a united front. . . for reasons unspecified. But their front has cracked with the death of Sukarno's first wife Fatmawati who was in Malaysia. The Indonesian Government decided to fly her body back to her native land. Few know that in her own country Fatmawati was well-known as a mystic faith healer and just a week before her death had made an announcement that she was not going to practise any more.

* * *

While it is said that to be a good swimmer, one has to learn the sport early in life, there are always exceptions. **Morarji Desai,** who in his mid-80s still enjoys an invigorating swim, learnt it at the age of 42 and used to swim the distance from where he lived on Marine Drive to Chowpatty when he was a Minister. "I cannot possibly die of drowning as I am a good swimmer," he told newsmen recently.

* * *

UNKNOWN

It sounds like a bad piece of comedy from a Hindi movie. A 15-year-old boy (whose name the police refuse to divulge as he is a minor), a high school drop-out in Bangalore, wore a false beard, goggles and gloves, knocked at the door of his pretty 29-year-old married neighbour and asked for a glass of water. When she went to the kitchen to get it, he followed her in and tried to rape her. In the ensuing scuffle the false beard fell away and his identity was revealed. Meanwhile, hearing the housewife's screams, the neighbours came in and apprehended the boy.

Lakshmi Narayan

WOMEN IN FOCUS

KHURSHID IRANI

RESEARCH ON DANCE

What comes through most strongly when Khurshid Irani talks about her involvement with Bharata Natyam is her total dedication to and her love and thorough understanding of the art which has become the main interest in her life. Khurshid is the Director of the Khurshid Nritya Kala Mandir, Bombay, and what differentiates her from the hordes of Bharata Natyam dancers is the amount of research she has done in the field of Bharata Natyam.

Khurshid initially studied science, and graduated with a degree in Biology from the Institute of Science, Bombay. But as her interest in Indian classical dancing grew, her academic interests too shifted, and she started learning Sanskrit and doing research on ancient Indian texts on dance, music, sculpture and mythology. The fruits of this research are evident in the dance dramas she has staged. She is, at present, working for her Ph.D. in Dance from Bombay University. Her thesis involves research work on rare manuscripts describing certain temple dance sculptures, for she feels that by studying the exhaustive literature on dance and examining ancient sculptures, a greater knowledge of the classical dance can be gained.

Khurshid feels very strongly that Bharata Natyam is becoming too commercialised. Sometimes it is regarded as a glamorous career, or an accomplishment that a girl must have.

"That is not the way to look at it," she says. "Bharata Natyam is total theatre, total meditation — a "sadhana," a path to spiritual enlightenment. It is also entertainment, for it offers tremendous aesthetic joy. It is also a powerful medium through which important issues in the world today can be expressed. All this makes it a vital, living medium, relevant to today's world. It should not be regarded as a static art form."

Khurshid has presented two dynamic, colourful, classical dance ballets — "Udhva Mulam" based on the Bhagvad Gita, and "Shiva Kautukam" based on the Shiva Purana. She is currently working on a full length ballet called "Prerana" set to rare Sanskrit shlokas which she hopes to present in the near future.

"Both the ballets were well received by the public and the press," said Khurshid. "The response from the general public was particularly encouraging. People who did not like Bharata Natyam much, said they were deeply moved by the performances."

Khurshid keeps in mind the section of the public that is not well versed in Bharata Natyam and an unusual feature of her productions is the accompanying commentary. This is not a gimmick, she explains, but a genuine attempt to draw more people to the understanding and appreciation of this ancient art form which can also be relevant and meaningful to us today.

S. G.

GIRIJA DEVI

SURDAS DRAWS TEARS

Girija Devi has been a popular singer for more than two and a half decades and the recipient of many honours and Akademi awards. Her pleasing personality, aesthetic presentation of classical and light classical music, her versatile repertoire, and the rich timbre of her voice, have been the main factors that have won for her such vast popularity. It is heartening to note that instead of resting on her laurels, Girija Devi is now practising

more rigorously and enriching her repertoire.

As a "Retainer" (a queer word, meaning perhaps "one who has to retain or uphold ancient musical treasures") in the I.T.C.'s Sangeet Research Akademy, Calcutta, Girija enjoys economic security and plenty of leisure to pursue her sangeet sadhana. She can devote most of her time to polish her own art, and to train the few promising young disciples who have been allotted to her.

Born on May 8, 1929 in Varanasi, Girija is the daughter of the late Zamindar Ramdas Rai, a great lover of music. His great desire was to see his intelligent daughter blossom into a famous musician, for which he put her at the age of five under Pdt. Sarju Prasad Misra, and after his death she studied under Pdt. Sri Chandra Misra of Varanasi.

Married at the early age of 16 to a business man, Madhusudan Jain, 20 years her senior, Girija became a mother at 18. Being a well-read person and a genuine lover of classical music, her husband encouraged her in the pursuit of music, but he was strongly opposed to her giving any public performances. Girija's devotion to music however proved stronger than his "laws," and she soon emerged from her seclusion. As her fame spread and the demand for her concerts grew, her husband had to accept the situation, and later on, he even began to chaperon her whenever he could.

Recalling her first public concert, Girija told me, "How can I ever forget that occasion? It was a grand All India music conference in Arrah (Bihar) in 1951 and some really famous artistes were booked to perform there. Pdt. Omkarnathji was due to arrive by car, but somehow he was delayed. Finding no other stopgap artiste, the organisers caught hold of me and forced me to act as a "'filler" until the great singer's arrival. Thus at the age of 22 I found myself on stage facing a large audience who had really come to hear Omkarnathji, and not an obscure musical upstart like me! I started with khayals in raga Desi. Emboldened by the genuine ovation that I got, I went on to sing my favourite thumri — "Babul mora naihar chhto jaaye." They loved it so much that even now whenever I go to Bihar, I inevitably get "farmaishes" galore for it."

As a member of many cultural delegations, Girija Devi has sung in Nepal (1956) London, Leeds, Birmingham, Manchester and U.S.S.R. (1969). "I felt the closest rapport with the audiences in Azarbaijan," she said, "maybe because so many of their tunes sound similar to our ragas. The affinity is unmistakable. I felt very proud when the Russian singer Elmira Khanum became my disciple for 10 days."

The death of her husband in 1975 after a heart-attack made her feel alone and helpless for a while. But she was persuaded to give a recital in the Kalamandir of Calcutta. "I had not touched my tanpura for two weeks, but I put my soul into my singing when I rendered the Surdas bhajan. Suddenly I noticed that many of my listeners were in tears like me..."

When Girija accepted the teaching assignment in the I.T.C. Sangeet Research Akademy of Calcutta, I asked her, "Why did you take up this job when you are still at the peak of your career as a performing artiste? It is all right for singers who are no longer in good form..."

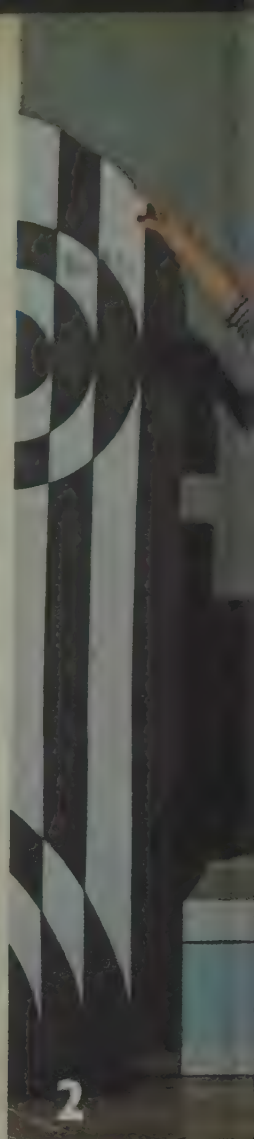
"The reasons are many," she said. "I have been travelling so much and giving an endless number of concerts for the last three decades or so. Now I need some rest, some economic security, and leisure for my own riyaz. The peaceful atmosphere of the Akademy suits me fine. I can really do justice to these few gifted pupils assigned to me, and groom them into good singers of tomorrow. Let me do something for the future of our music."

Susheela Misra

Dancing Styles

Night time's the right time for bright, sparkling clothes to put your feet dancing — be it a party, a casual get-together or at a discotheque. Here are some of the fashion hits that these hep juniors look for. Looking sensational and totally different in exotic ensembles of psychedelic patterns and op art designs to suit the mood of the moment. Soft and flowy dresses to lend grace and charm to the young dance lovers, and for the debonair gentleman, smart shirts and trousers which he can show off!

Outfits modelled at the Ambiscope Fashion Show, organised by Eve's Weekly in association with Shri Ambica Mills, produced and directed by Shanti Chopra.



1. Just made for them — the smart printed wrap around looks elegant over a sleeveless midi with a scarf falling over the shoulders; the boy looks very casual in a khaki shirt with striped cuffs and waist band; a skirt with a centre slit worn with a skivvy top and a jacket that flatters the figure.

2. First on the fashion scene — a striped and checked skirt and top look ravishing with the dolman sleeves caught at the wrist.

3. With the accent on colour and cute combination, this off-shouldered midi dress is a hit among teenagers. Note the broad cummerbund at waist.

4. They look super in these bright and mod combinations — striped shirt with drainpipe trousers and boots to match; and a halter dress in a colourful floral print with a necktie falling straight down.

Photographs : Taiyeb Badshah

BEAUTY BULLETIN

LINES ON NECK

I am 28. I have fine lines on my neck which give me an aged appearance. Please suggest a home remedy to solve my problem. Any exercises?

H.D. (Ahmedabad)

Here is a home remedy to remove lines from the neck. Take equal parts of egg-white, rose water and glycerine and mix well to form a paste. Spread this on the neck area and leave it on till it dries. Then rinse well.

Massaging a nourishing cream or almond oil into the skin, using sweeping upward movements will also help. Do this nightly.

Try this stretching exercise too. Throw head back as far as possible. Keeping lips rounded, try to blow imaginary bubbles in the air — you should feel the front neck muscles stretch right down the collar bone.

Here is another one. Place your hands at the back of your neck and rotate your neck.

ITCHING SCALP

I have dandruff, my scalp is itchy. Please suggest me a home remedy to get rid of it. I have an oily skin.

G.M. (Hyderabad)

REMEDY FOR DANDRUFF

Scalp infection, faulty diet, tension and emotional upsets are some of the causes of dandruff. Since you have a greasy skin, you should wash your hair every alternate day to keep it absolutely clean. The dead flakes of skin get trapped in the excessive oil secretion and adhere to the scalp which forms a breeding ground for germs leading to dandruff.

Before you shampoo your hair, cut a lemon in half and rub on the entire scalp. Leave it on for 15 minutes then wash hair well. You could use two-day old curd instead of lemon if you prefer.

Watch your diet include fresh fruits and vegetables, skimmed milk and fish; cut out greasy, fatty and spicy food.

PUFFINESS UNDER EYES

I have puffiness below my eyes which is unsightly. How do I solve this problem? I am 27.

Also I have enlarged pores, please suggest me a home remedy for this.

H.D. (Chandigarh)

Puffiness below eyes can be as unattractive as dark circles under eyes. This condition results from poor metabolism, lack of sufficient rest or sleep, or it could be hereditary.

Try this exercise. Close both your eyes — tight. Then squeeze them and open wide. Relax. Repeat 10 times. Have sufficient rest — eight-hour sleep is a must. Also be careful about your diet and eat foods which are easy to digest.

You can camouflage the puffiness by clever application of make-up. Use a darker-than-skin-tone foundation on the pouchy area, then apply your usual foundation all over, blending well.

Clean your face well. Surface oil if allowed to linger clogs the pores leading to infection. Use an astringent after cleansing your face.

To close pores, try this. Take the beaten white of an egg and add to this a grain of camphor of alum and mix well. Spread this mixture all over your face and leave it on for about 15 minutes. Rinse well.

UNIQUE MOCK WEDDING

Thousands of tourists from all over the world come every year to see colourful Rajasthan, the land of princes and sandy deserts and Jaipur, the pink city. A visit to the state is a journey into another world.

Recently, a group of French tourists on a tour of India, who had heard about the pomp and show of a colourful Rajasthani wedding, were so keen to see a typical wedding that they told their travel agency Eastern India, to arrange a 'mock wedding' during their stay in Jaipur.

Mr. Denzil Coelho who conducted the tour, arranged a mock wedding in collaboration with Hotel Clarks Amer of Jaipur, with all the parapharnelia of a typical Indian wedding. The tourists themselves selected a bride and a groom from the group — both of whom were already married, though to different people. Mr. Maurice Avrillon, an entertainment electronics dealer, wore a **churidar pajama,** colourful **sherwani** and **turban** to become the **dulha,** and his bride was Mrs. Simone Lambert, wife of another electronic dealer.

The baratis also wore sherwani and turban and some of them sported big moustaches, maharaja-style. The bride wore a typical Rajasthani wedding outfit — **gharara** and **odhni** and also wore ornaments befitting the occasion. There was a barat procession and the groom came to the Hotel Clarks Amer on an elephant. The elephant followed a dancing and singing barat, which was accompanied by a band playing the soft music of **shehnai.** The women baratis also wore gharara and odhni, though some of them preferred saris.

The couple exchanged **varmala** and later sat under the mandap for a full Vedic marriage. Mr. Rajendra Goswamy, an Assistant Manager of the Hotel Clarks Amer, performed the rites of **kanya dan.** A feast of Rajasthani dance and music followed.

According to Mr. Udesh Sharma General Manager of Hotel Clarks Amer, the idea of the mock wedding which his hotel has tried cost the group a little over Rs. 5000, but the idea seemed to have clicked, and he hopes to offer this unique experience to other tourist groups in the future.

Priti Babel

HEART TO HEART

Confide your personal problems to Dr. Mahinder Watsa, c/o Eve's Weekly. Dr. Watsa is a leading sex and marriage counsellor and will answer your queries every fortnight

CHANGE IN HUSBAND'S ATTITUDE

Recently I had a baby boy. During my pregnancy and delivery my husband was very considerate towards me. But these days his attitude has changed — possibly because I have to spend so much time with the baby, particularly to breast-feed him. I don't want to lose my husband. Please advise.

While breast-feeding helps to develop an intimate bond between the mother and child, it sometimes causes a strain on the marriage. Some scientists think that because the father cannot actively participate in the birth or bringing up of the child he feels like an outsider. In addition he may feel that he has lost his role as protector because of his partner's new-found confidence and strength.

Your concentration on your child might be making him feel

HUSBAND FEELS NEGLECTED

upset at the transfer of affection. Your sexual behaviour may also have changed. Try and involve your husband in the baby's growing up process and don't lose sight of the fact that you need to set aside time for him, not only during the day but also during the more intimate moments of the night.

WORRIED ABOUT PERIODS

I am 19 years old and my problem is that I do not have proper periods. I do not bleed even for a full day, with the result I am putting on weight. When my boy friend came to know about it, he did not mind. But his mother thought I was abnormal and would not be able to conceive, and she got him engaged to some other girl. Is there really something wrong with me?

It is the specialist who will decide the proper treatment for you after examination. But there is need to clear your misconceptions. Scanty periods do not necessarily mean that there must be something wrong and you cannot have a baby. A period for two to three days, though scanty, may be normal in your case.

Your increase of weight is probably due to other reasons. Most probably a faulty diet — that is why your doctor has given you a high protein vitamin diet. Most women have satisfactory periods after they get rid of overweight.

Do not fret over the broken relationship. It is good that you have broken off from a person who has a dominating mother and who cannot make up his own mind.

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See a Prestige Cooker for yourself ! Compare it with equivalent-sized pressure cookers of other design. The Prestige "Preett 6.5" model gives you 51% more container space. The Prestige "Elegant" has a phenomenal 101% more container space. For cooking a whole meal at a time there's no cooker like a Prestige.

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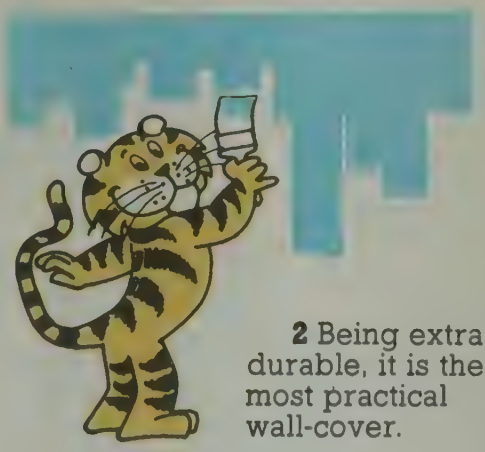
1 A good emulsion paint, like **Nerolac Acrylic Emulsion with Silicone** will give you a smooth-as-silk finish.



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3 All you have to do is, maintain its good looks by regular cleaning with a soft damp cloth.

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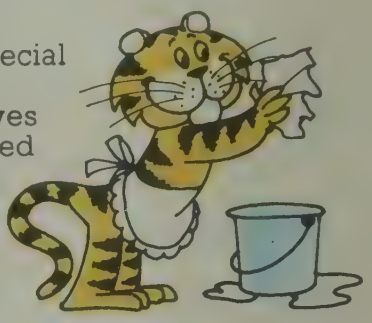

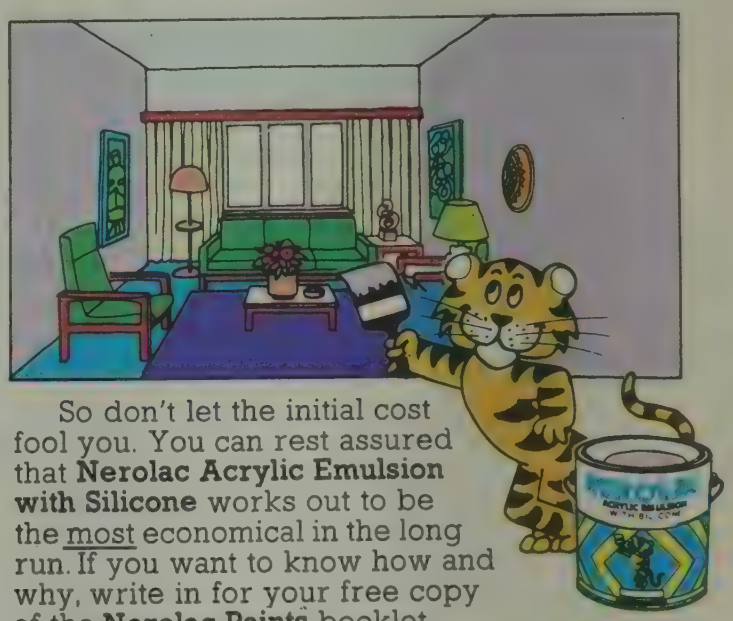

So don't let the initial cost fool you. You can rest assured that **Nerolac Acrylic Emulsion with Silicone** works out to be the most economical in the long run. If you want to know how and why, write in for your free copy of the **Nerolac Paints** booklet **"All you wanted to know about painting".** Fill the coupon below and mail it to us right away.

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INGREDIENTS : The Right Way

JAGGERY

Premila Lal

This versatile and nutritious ingredient, popularly known to us as "gur", is the unrefined cane sugar used in chutneys and sweet preparations. The nearest substitute available abroad is molasses. Jaggery is best used as a sweetening agent when it replaces not more than half the amount of sugar called for in a recipe. It enriches the flavour, texture and colour of foods considerably

SUSEUM

250 grams sweet potatoes
2 pods cardamom, powdered
30 grams coconut, grated
120 grams jaggery
½ tsp. salt or to taste
75 grams rice flour
3 tbsps. water
1/8 tsp. turmeric powder

Boil the potatoes, peel and mash them. Mix cardamom, jaggery, coconut and salt with the potatoes. Make small balls from this paste.

Mix flour, turmeric and salt with a little water and make a thick batter. Dip the small potato balls into the batter and fry in oil. Serve hot.

Photograph : Taiyeb Badshah

LEMON-DATE CHUTNEY

24 large lemons
125 grams salt
375 grams dates
750 grams jaggery
125 grams garlic
1 tbsp. cummin seed
1 pint vinegar

Wash and wipe the lemons. Quarter them. Sprinkle salt and put the pieces in a large pickling jar. Cover tightly and keep aside for three days. On the fourth day, spread the pieces in a large flat dish and dry them in the sun for five days. Put lime pieces through a grinding machine to shred. Stone dates and shred too. Grind together the cummin, garlic and jaggery. Put in a large earthenware vessel, mix in the vinegar, shredded lime and dates to form a thick custard consistency syrup. Use more or less vinegar if necessary. Pour into air tight pickle jars and store for a fortnight before use.

PRAWN AND KARELA

500 grams bitter-gourd
500 grams prawns
250 grams onions
6 dry red chillis
½ tsp. cummin seeds
A small piece turmeric
3 green chillis
1 piece ginger
1 clove garlic
1 tbsp. ghee
2 tbsps. coconut oil
120 grams jaggery
2 tbsps. vinegar
Tamarind to taste
Salt to taste

Cut the gourd into round slices. Wash thoroughly. Remove all the seeds and pith. Grind the dry spices with tamarind extract. Cut up all the green spices. Heat both oil and ghee and fry the green spices for a few minutes. Add the ground spices, vinegar and salt to taste. Shell and wash the prawns. When the mixture boils, put in the vegetables and cook over a low fire till tender. Add prawns and allow to simmer. Lastly, add jaggery.

CHANNA DAL KHEER

240 grams channa dal
1 coconut
500 grams jaggery
1 tbsp. ghee
A few cardamoms

Wash, clean and soak dal in water for ten minutes. Add water and cook well. In the meantime, take a small piece of coconut cut it into small pieces and keep aside. Grind the rest of the coconut and extract milk. Grind the gratings again and extract milk a second and a third time. When the dal is nearly done, add the thinner extracts and jaggery, stir and cook on a low heat for twenty minutes. When well cooked, remove from the heat and cool for five minutes. Add the thick coconut milk extract. Fry the coconut bits in ghee till brown and add to the kheer along with crushed cardamoms. Serve cold.

MYSORE KODUMBALAI

1 kg rice flour
240 grams flour (maida)
120 grams fine semolina (sooji)
1½ large coconuts
12 medium-sized green chillis
1 bunch fresh coriander
2 onions
¼ tsp. asafoetida
30 grams jaggery
2 tsps. cummin seeds
500 grams ghee
Salt to taste

Mix rice flour, flour and semolina and leave aside. Grate the coconuts. Grind along with the chillis, coriander leaves, sliced onions, asafoetida and jaggery. Now add salt to taste and cummin seeds to the flour. Melt three tablespoons of ghee in a frying pan. Pour into the flour. Add the ground ingredients to the flour and knead well, with sufficient water to a stiff dough. Take a small lump of dough and roll out into long noodles. Form into spirals on a greased plate. Heat remaining ghee in a pan and fry to a rich brown colour.

MIXED VEGETABLE PICKLE

2 kg turnips
1 kg cauliflower
1 kg carrots
500 grams peas, shelled
4 pods garlic
120 grams green ginger
125 grams onions
2 tbsps. chilli powder
1 tbsp. garam masala
1 tbsp. ground mustard seeds
1 tsp. turmeric powder
Salt to taste
1 pint mustard oil
¾ pint vinegar
1 kg jaggery

Slice the turnips into quarter inch discs. Quarter carrots lengthwise and cut cauliflower into two-inch pieces. Boil water in a large saucepan, add all the vegetables and cook for five minutes to soften. Drain and spread on a clean cloth to dry.

Grind garlic, ginger and onions together to a paste. Heat oil and fry the paste, add remaining spices and salt and fry till the oil floats to the top. Cool and add vegetables. Shake the vessel to mix well. Put in a large jar and keep in the sun for two to three days till vegetables turn a little sour. Shake the bottle well every day.

Heat the vinegar with jaggery and boil. Cool and add to the vegetables. Place jar in the sun for another two days till well blended and tender. Preserve in air-tight jars.

GROUNDNUT BRITTLE ICE CREAM

FOR THE BRITTLE:
2 cups jaggery, powdered
6 tbsps. water
2 tbsps. butter
1 tbsp. lemon juice
1 cup groundnuts, chopped

FOR THE ICE CREAM:
1½ dtsps. lemon juice
½ cup bananas, mashed
1 tbsp. honey
1 egg
2 dtsps. sugar
1 cup evaporated milk

FOR THE BRITTLE:
Melt the butter in a saucepan. Remove from heat and add jaggery, water and lemon juice. Cook to the stage when a little of the mixture dropped in a cup of water becomes brittle. Remove from fire and stir in the groundnuts. Pour into a buttered dish to set. When cold, break up roughly.

FOR THE ICE CREAM:

Add lemon juice to the mashed bananas. Stir in the honey, egg yolk, half the sugar and the evaporated milk. Pour the mixture into ice trays. Freeze at the coldest temperature until the mixture is mushy. Turn into chilled bowl and whip with an egg-beater until light and fluffy. Whisk egg white till stiff and gradually add the remaining sugar to make a meringue. Fold into cream mixture and return to ice trays. Freeze for another half hour and turn into chilled bowl. Fold in the groundnut brittle and return to ice trays. Freeze till set.

APPLE AND JAGGERY PIE

3 cooking apples
1½ tbsps. butter
1 cup khoya
½ cup jaggery, grated
½ tsp. cinnamon powder
¼ tsp. nutmeg
¼ tsp. salt
Pastry for 1 crust

Use the standard pie recipe to make one pie crust. Line a nine inch pie pan and make a design on the outside rim. Prick the base of the pie with a fork and leave unbaked.

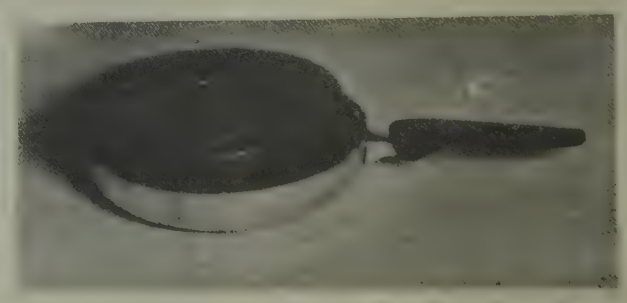
Pare and core the apples and cut into eighths. Arrange the apples on the pastry in a circular pattern, overlapping each slice. Combine the salt, jaggery, khoya, nutmeg and cinnamon powder. Mix well. Put this mixture in the centre of the pastry. Dot with butter. Bake in a hot oven for about ten minutes, reduce heat and bake until the apples are soft. Serve cold.

NEW GIFTS FOR OUR COOKERY WINNERS

The Cookery Queen for the month of June will receive, in addition to the usual cash prize of Rs. 100.00

1) A non-stick coated 210 mm. Fry pan from TRUPTI INDUSTRIES and,

2) A Gift Hamper from CORN PRODUCTS, containing Brown and Polson Custard Powder, Rex Jelly, Rex Baking Powder and Davis Gelatine.



RECIPES FROM OUR READERS

Mrs. A. Kasthuri, Madras.

MANGO FRUIT TOFFEE

½ kg mango pulp
250 grams sugar
200 grams glucose
75 grams milk powder
75 grams ghee
A pinch edible colour
Cashewnuts, chopped

To the mango pulp, add sugar, glucose and ghee. Cook over low fire. When half cooked, add the dissolved milk powder. Continue cooking till the mixture leaves the sides of the dekchi. Remove from fire. Add colour. Mix well. Pour evenly on a greased tray. Sprinkle chopped cashewnuts. Allow to cool and cut into pieces.

Geeta Kapoor, West Bengal.

RASAJEN

1 cup green gram dal (moong)
Red chilli powder
Refined oil for frying
1 kg curds
2 tsps. sugar
Few green coriander leaves
2 green chillis
1 small piece ginger
1 tsp. salt
½ tsp. cummin powder, roasted
¼ tsp. black salt, powdered
½ tsp. red chilli powder
½ tsp. black pepper powder
Tamarind sauce

Clean and grind the dal to a fine paste. Add two and a half cups of water. Mix salt and chilli powder to taste. Cook on low flame stirring continuously to avoid any lump formation. When it becomes thick and changes colour, pour in a nine inch square greased tray. Cool and cut into square pieces.

Beat the curds. Add sugar and finely cut green chillis, coriander leaves and ginger. Keep aside. Deep fry the square pieces to golden. Dip in water for a minute or two. Squeeze lightly and soak in the prepared curd for two hours. Cool in the fridge. Sprinkle the dry masala and serve with tamarind sauce.

Mrs. Suman Seth, Ambala Cantt.

CORN KOFTAS WITH PANEER BHOORJI

FOR THE KOFTAS:

2 medium potatoes
1 slice bread
½ cup tender corns, grated
1 tbsp. coconut, grated
1 tsp. raisins
2 green chillis, minced
½ tsp. powdered cummin
A dash asafoetida
Salt to taste
Oil for frying

FOR THE PANEER BHOORJI:

½ cup paneer
1 onion, minced
1 tomato, chopped
2 green chillis, ground
½ inch piece ginger, ground
¼ tsp. chilli powder
¼ tsp. garam masala
¼ tsp. turmeric powder
Salt to taste
1½ cups water
2 tbsps. coriander, chopped
2 tbsps. oil

Boil, peel and mash the potatoes. Soak the bread in water for two minutes, squeeze and add to the mashed potatoes along with salt. Keep aside. Heat one tablespoon oil and add asafoetida. Add grated corn together with the rest of the ingredients given for koftas. Toss for three minutes. Remove from fire and cool. Divide the corn and potato mixtures into equal portions. Take a portion of the potato mixture, make a depression and place a portion of corn mixture. Close and form into a ball. Form the remaining balls in the same manner. Heat oil. Deep fry the koftas to a golden brown.

Heat oil and fry the cubed panee till brown. Remove. Add onion, green chillis and ginger to the remaining oil and fry till the onion is light brown. Add tomato and cook covered for two minutes on a slow fire. Uncover and mash with a fork. Add fried paneer pieces together with seasoning. Add water and when it comes to a boil, simmer for three more minutes. Add koftas and cook for two minutes. Garnish with coriander leaves.

WEEKLY WINNER

SREELATHA NAIR, Tamil Nadu.

Mrs. Nair wins Rs. 50/- for this weeks's best recipe plus a 9 cup Storefresh container from Trupti Industries, a gift hamper from Corn Products and P. Mittulaul Lalah and Sons, Madras.

JACK FRUIT PUFFS

12 ripe jack fruit pods
2 cups coconut, grated
100 grams dates, chopped
25 grams cashewnuts, crushed
¼ tsp. cardamom powder
200 grams flour
A pinch salt
100 grams oil
100 grams jaggery

Melt jaggery in a heavy bottomed vessel till one string consistency. Add coconut, dates, cashewnuts. Stir for two minutes till the water evaporates. Sprinkle cardamom powder, mix well and keep aside.

Remove seeds from the jack fruit pods. Make a slit in the centre, keeping both ends firm. Fill each pod with the prepared coconut mixture and press to close the opening.

Make a thick batter of flour adding a pinch of salt and water. Dip each pod in the batter. Fry till golden brown. Remove from fire and serve hot.

COOKERY CONTESTANTS!

Revised Contest Rules

1. Each recipe must be accompanied by this coupon.
2. The author of each selected entry will be informed in advance and requested to send a passport size photograph of herself to be published along with her recipe.
3. The recipe must be original and not copied from a cookery book, a magazine of any other published material The prize-winner shall have to sign a declaration to that effect before the announcement is made and the prize awarded.

Address your entries to the Cookery Editor, EVE'S WEEKLY, Bombay Samachar Marg, Bombay—400 023.

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BOOK NOOK

What is being written by or about women?
On this page every month we bring you a review of some of the books published recently.

THE MARBLE TEAR by Carolyn Woltz Ezell; Vikas Publishing House; Price Rs. 50.

Living in an age where relationships threaten to snap with the first squabble, it is refeshing to read a real life story of a powerful and enduring love. No one in India is unfamiliar with the story of the Taj. It is the story of an Emperor, of the woman he loved, of the throne he strived for and of the court intrigues to prevent him from reaching both. In "The Marble Tear" Carolyn Woltz Ezell recreates the romantic world of the Moghuls, a world of harem girls, eunuchs and slaves, palanquins and jewels, tigers, elephant fights and camel rides and even a wise old sage. But it is a story dominated by one person, Shahjahan, his triumph and failures and of the ultimate supremacy of the artist in him, the artist who built the Taj Mahal, which over the centuries has trivialised the power struggles and even the empire.

Riding through the streets on the last day of the court bazar, Prince Khurram saw a young girl gazing wistfully at a stall stacked with cages of coloured birds. Enamoured by her voice, grace and a beauty he could only presume since she was veiled in purdah, the prince bought the entire stock of birds for her, then watched in amazement as she set them free one by one, saying, "My prince, it is wrong to place these birds behind wooden bars, in cages no larger than themselves. Allah has made them to fly towards the sun, to paint the sky with colours." Before he could get over his surprise, she was gone.

The young prince set the palace machinery to work to locate the girl. He discovered that she was Arnu Begum, daughter of the nobleman Asaf Khan, his tutor and confidante. His father, Emperor Jehangir, approved the match and at the betrothal ceremony rechristened her Mumtaz, the Chosen One of the Palace.

Alongside Khurram's passion for Mumtaz there burned another passion in him — the desire to be Emperor after his father. But, as a Moghul prince he was only too aware of the plots and counterplots hatched by various claimants to the throne. In a brilliant move he exposed the most powerful of his rivals, his brother Khrusav, for planning a rebellion against their father, had him blinded and imprisoned, thereby neutralising him. The other brothers placed themselves under his protection. Khurram seemed assured both of Mumtaz as well as the empire, and there remained only the last of his ambitions — to build magnificient buildings, a dream that would naturally be fulfilled in time.

Now the struggle begins. Emperor Jehangir is in love with Mumtaz's aunt, Mihir-ul-nisa, who has spurned his attentions for many years. He decided to use Mumtaz as a pawn to secure his queen. He delays the marriage indefinitely and meanwhile pressurises Khurram into marrying another girl. By the time Mihir-ul-nisa is won, she is more interested in the powers of being Empress. Now renamed Nur Jahan, she wheedles imperial consent for Khurram's second marriage, this time to Mumtaz, and at the same time attempts to woo him into a political alliance. He accepts the date set for the marriage but rejects her as an ally, for he fears that her power would undermine his own.

Infuriated, Nur Jahan determines to weaken his position in the Moghul court. She talks Jehangir into sending him on a long-drawn military campaign and during his months of absence consolidates her own position. As he proves his mettle on the battlefield and has his father renaming him Shahjahan, King of the World, she marries her daughter Yasmin to his brother, Shahriyar, and proceeds to give Shahriyar the motivation status and power he'd need to counter Khurram.

As the months drag on to years, Shahjahan yearns for the comforts of the court both for himself as well as for Mumtaz and his sons, two of whom have been born at camps. When, after ten years of battling and negotiating peace treaties in the Deccan he is asked to march on to Persia instead of returning home, he rebels against his father. The battle with Nur Jahan seemed to have cost him the empire. It is only on his father's death that he is able to return to the capital after his sons, Dara and Aurangzeb, and his father-in-law, Asaf Khan, secure the throne for him. But now as he proceeds to fulfil the last of his ambitions —building magnificent monuments — he is faced with Mumtaz's death. The Taj Mahal is his tribute to their love and their deaths. Both Shahjahan and Mumtaz are buried in the vaults of the mausoleum. But, as the writer concludes, "The Taj remains."

Ms. Ezell, a teacher at the University of Alabama in the U.S., is a talented storyteller and has picked a great story to write about. The main weakness in the book lies in the characterization of Mumtaz who has been made out to fit the meek-mild stereotype that is belied in the circumstances of her first meeting with the prince, and moreover, would hardly be likely to inspire such a love in Shahjahan. However, for a generation reared on existentialist scepticism "The Marble Tear" should serve as a point of departure from the philosophy of despair towards a belief that life tests, but does not destroy the essence and value of its deeper meanings.

ON GROWING UP by Tara Ali Baig, illustrated by Amena Javal; Macmillans; Price Rs. 5.25.

With more and more adolescents studying in coeducational institutions, it is becoming increasingly important to equip them with balanced attitudes towards their peers of the opposite sex. The current problem of Eve-teasing, psychologists point out, is largely the result of normal sexual curiosity that has been repressed and finds an outlet through a combination of aggressiveness and mockery. To combat this, young adults need to know the facts of life, be familiar with the terminology referring to sex organs and functioning, and know about the physiological and psychological changes taking place in their bodies.

Recognising that many Indian parents would be too inhibited to tackle this dimension of growing up, Tara Ali Baig has written a book aimed at the youngsters. "On Growing Up" meets the basic demands of a sex education book. It is both candid and informative. But like most Indians, Ms. Baig makes the mistake of combining scientific information with moral value judgement and this makes for an inadequate handling of the psychological dimension of sex.

Also, there appears to be some confusion about the age group the book is targeted to reach. While at some times the text and illustrations appear almost childish, at other times the information seems suitable for a much older group. Can a full page illustrated sentence like "You cannot buy babies in a bazaar like balloons or toys" find a place in a book with fairly detailed facts about menstruation, wet dreams, intercourse and child birth?

However, as a pioneering work of its kind in India, the book must be commended for its sensitivity and balanced approach. Priced as it is to be within the reach of even the middle class buyer, local language translations would be useful.

Meher Pestonji

YOUNG VIEWPOINT

A forum for young people to express their opinions, share news about their activities and get to know more about each other

YOUTH POWER TAKES OVER ASSAM

Rupa Chinai

The office of the All Assam Students' Union (AASU) at Cotton College in Gauhati hums with activity. Several lakhs of people are forming processions outside the gates and then marching towards the District Magistrate's office to court arrest. They come in groups organised in their own localities. The group leader has a list of names of all those in his batch and that is handed over to the main organisers at the AASU office. This minimises the chances of "wrong elements" getting into the processions and creating trouble

The mass of people continue to grow bigger. It is soon apparent that there is no central organisation directing the groups. Each procession is organising itself. Government servants, lawyers, professors, mingle with workers, management officials, and villagers. Women and young girls are in the forefront of the processions, shouting as lustily as the men. Catchy slogans are invented as they march in a disciplined file. On the roadside, students have organised the serving of cold water which is handed out briskly as the sun becomes warmer.

By mid-day buses begin to roll in to transport the next batch of volunteers to the picketing site at Narengi. While the buses are made available free of charge by the contractors, petrol is filled by AASU from its central funds. Money comes in entirely by donations, say the students.

In the AASU office I saw two Sikh truck drivers come in to hand over their donation of Rs. 200. A little girl had come in the previous day to donate her birthday money for the movement. The atmosphere is reminiscent of the 'Quit India movement'.

How did this movement start? How have the leaders been able to build up such massive support? Who are the real leaders of the movement?

The present movement in Assam was initiated in 1979 when the voters' list was revised in the Mangaldai constituency before a by-election. Objections were raised against 70,000 names on the electoral rolls. Established tribunals looked into the matter and declared 45,000 as foreigners. This was when the Assamese realised that the pattern in Mangaldai may be true of the whole of Assam. The All Assam Students' Union launched this movement by holding state wide mass meetings, picketing and satyagraha

The first phase of the movement called for the elections to be postponed until the electoral rolls were revised. Candidates were persuaded or prevented from filing their nomination papers.

The second phase of the agitation was aimed at picketing of oil installations at Duliajan and Narengi to prevent the flow of crude outside Assam. Since then timber, jute, plywood are being prevented from leaving the State. The students concede that this is a form of blackmail, but then there is no other way of drawing attention of the rest of India to what Assam is saying.

Apart from the usual forms of protest, such as gherao, picketing and satyagraha, the Assamese have innovated some unique forms of protest. One morning all of Assam observed 60 minutes of "Martial Sound." Five lakh Gauhati citizens organised themselves in their areas and marched in processions to assemble at Judges Field. Every man, woman and child had some form of musical instrument, be it a dholak, cymbals whistles, flutes or pooja bells. The din was tremendous! The "martial sound" was to signify that all of Assam is awake.

The next day was "Peace and Harmony Day" when white flags were hoisted and white clothes worn. All the Indian communities, including Bengalis, were invited to participate in inter-communal prayers. This event was to signify that the movement is not against any Indian community.

It is clear that AASU is the real leader spearheading this movement. From conversations with ordinary people in towns and villages of Assam it seems that AASU inspires implicit confidence and has established its credentials with the people of Assam. Farlier they had led popular movements for the refinery at Gauhati, for a bridge over the Brahmaputra and extension of the broad-gauge railway line to Assam. They have chosen issues that are of vital interest to the Assamese, and therein lies the secret of their massive support. Over the years they have proved their integrity. Most of the AASU leaders are 19 to 24 years old.

The Assamese students come from a society that is unsophisticated, simple and unexposed to the world outside Assam. On first appearance they seem a far cry from the usual student leaders one meets in Bombay, Delhi or Calcutta.

Yet the way these students have conducted themselves since they came into the limelight is something worthy of appreciation. For example, when they visited Delhi for talks with the Government, they were offered free accommodation at a five-star hotel. The students said that the entire delegation preferred to stay together at Assam House. Air-conditioned cars were offered to them for visits to Agra and Jaipur. "We have come for business and not for pleasure," they said. Similarly, invitations to dinners by Ministers were also refused. They have been wise to the possibility that attempts will be made to break their unity.

The AASU executive is the main decision-making body. It comprises 35 AASU members, five members each from the seven districts of Assam, plus two representatives from the three universities of Gauhati, Dibrugarh and Jorhat. The line of strategy is first discussed by the AASU executive. Then they have a meeting with the All-Assam Gana Sangram Parishad, which consists of various regional political parties and citizens' groups, of which AASU is a constituent. They listen, make notes and ask questions. All views are duly considered. Then AASU goes back into a huddle, and makes the final decision. Each member of the executive is then responsible to see that AASU's decision percolates to the local leaders of each district, who are responsible for its implementation.

Continued on page 54

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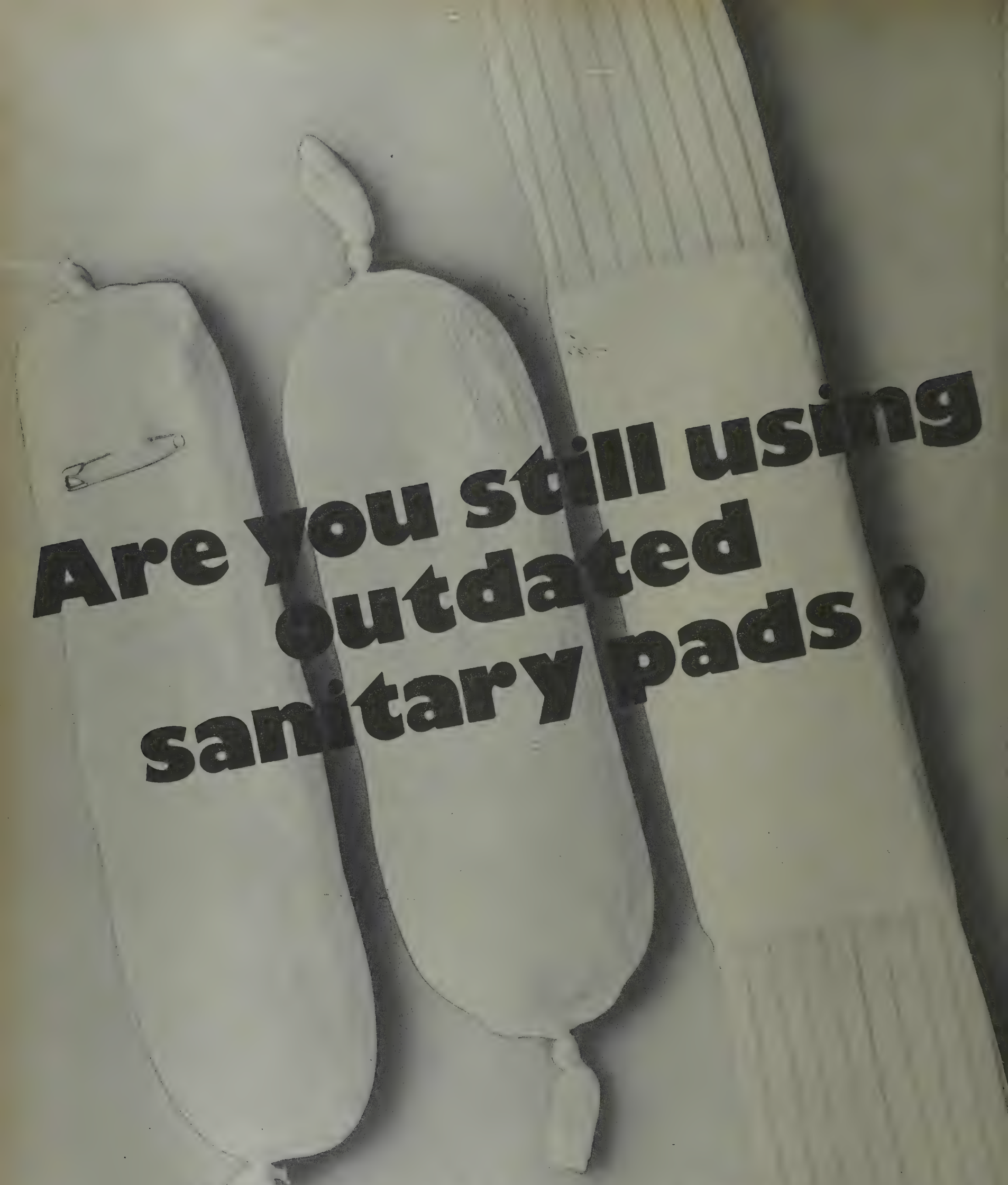
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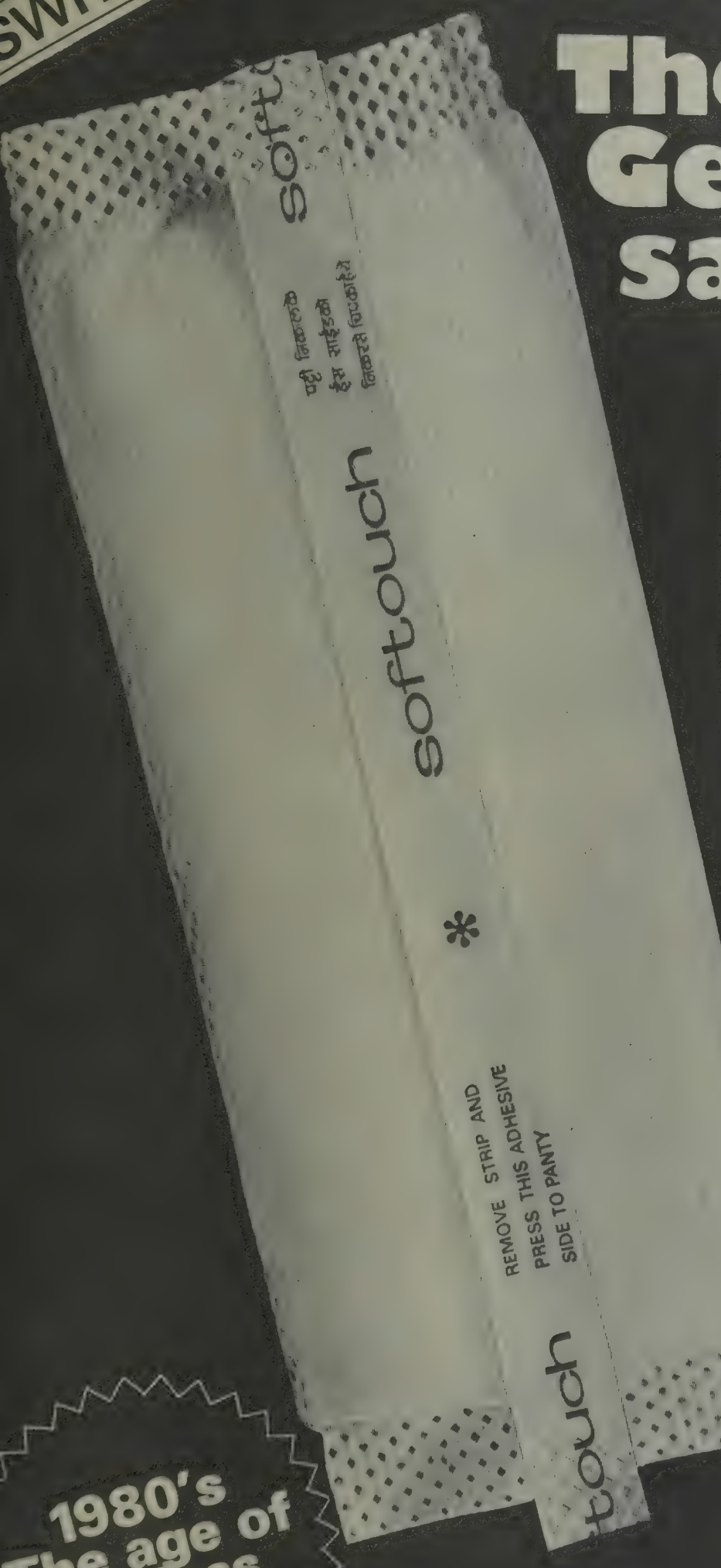

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Things Are Looking Up For PARVEZ

Adelaide Chand

Most of those who saw "Ahsaas" came away impressed with only two performances in the film — that of the hero Parvez, and that of Kiran Vairale, the heroine's sidekick. Yet, while Kiran reaped quite a harvest of roles after "Ahsaas", Parvez remained more or less on the sidelines.

Although the movie (advertised as another "sensational teenage love story" in the "Bobby" tradition by its makers, the Sippys), ultimately emerged as a bewildering conglomeration of bits and pieces lifted from various Hollywood "teenage romance" films (including "Friends" and "Jeremy"), viewers predicted that young leading man Parvez had made a memorable enough debut to ensure that those filmmakers who keep their eyes peeled for promising new talent would lose no time in rushing to his door and signing him on.

Unfortunately, things didn't quite work out that way. Even before the film was released, Parvez found himself the target of a blitzkrieg of anti-publicity, all aimed at proving that the newcomer in "Ahsaas" was just another obnoxious brat who'd misbehaved shockingly with his discoverers the Sippys throughout the making of the film. A film magazine came out with an article detailing some of the wilder of his alleged "pranks" — that he'd demanded a phenomenal sum of money as "payment" from the Sippys, and when they'd refused, that he'd actually brought the police with him on to the sets! That he'd once slashed his face with a blade on purpose, so he couldn't work, and that he had, on one occasion, jumped on to the desk in Ramesh Sippy's office, clad in nothing but his briefs!

"That article really shook me," Parvez says sadly today. "I was truly amazed and puzzled at the long list of allegations, of which not a single word was true! They must have got their story from somewhere, but till today I'm stumped as to who could have fed them with so much totally baseless information.

"Anyway, soon after the article appeared, the journalist who'd written it came to me and apologized profusely, explaining that they had discovered that all the information in the article was totally fabricated. So in their very next issue they carried another article containing my side of the story."

"I must say," he added, "that the other magazines have been very good. They have all printed my denials, and in the process cleared me entirely of any stigma that may have remained."

For a while, admits Parvez, the initial anti-publicity did have a negative influence on his career. "Producers were reluctant to come forward and sign me. . . they seemed to take it for granted that I'd start playing truant during shootings and wreck their schedules. Now, of course, with all the past unpleasantness cleared up, everyone's more than ready to believe me and sign me on. Especially after they meet me!" Which is understandable. Parvez's gentle, soft-spoken manner certainly lends credence to his avowals that he is incapable of boorish or brash conduct of any sort.

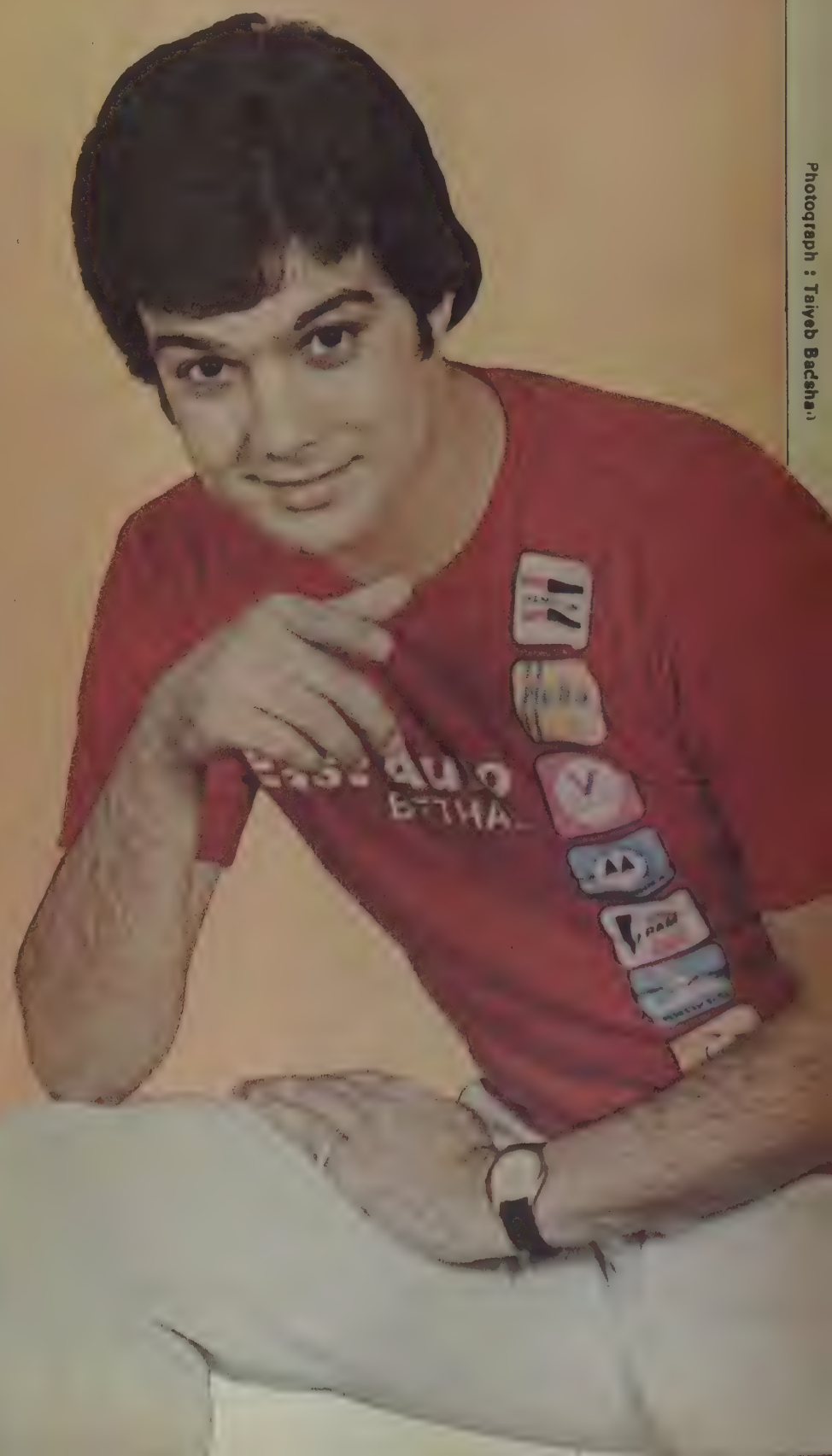
A native of the snowy slopes of Srinagar, where he was born and brought up, Parvez was already a stage and television star in his own right when he left Kashmir and travelled to Bombay to seek stardom on a larger scale. "My parents were a little perturbed at first, since I was the only one in my family to have entered the film field, but they had too much confidence in my good sense to interfere, and very soon they were reconciled to the idea. Later, they were so thrilled when they read the announcement that I had been signed for G. P. Sippy's 'Ahsaas'!

"It was a terrific break, a once-in-a-life-time opportunity for a newcomer." (The fact that the film failed to click in a big way was sheer ill-luck for its two young artistes.)

To add to Parvez's problems, director Surinder Suri wasn't the least bit keen on taking him for the film. "He had another boy in mind to play the hero of the film, but fortunately for me, the Sippys overruled him." With regard to the heroine of the film (described as "Dina the wooden-faced doll" by some critics), Parvez describes her as a "sweet and pleasant girl who gave me the impression that she wasn't really interested in an acting career."

As for Parvez himself, he claims that his career prospects are beginning to look brighter than ever before. "It's like a second lease of life for me. I've got a number of films on hand at present. Moreover, negotiations are in progress for a movie co-starring me with Poonam, and another opposite Bindiya."

The Mirza brothers, who are friends of his, are writing a hero-dominated script for him. Things finally seem to be looking up for Parvez. And about time too!



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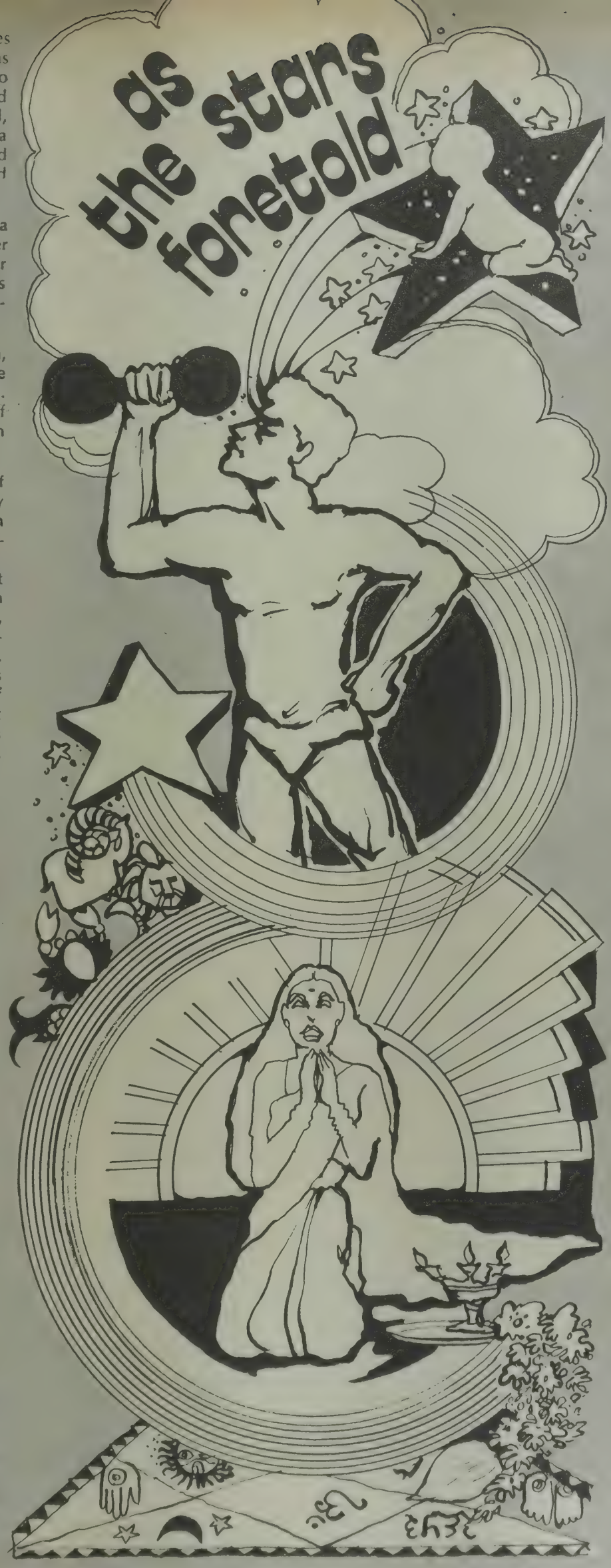

IN HER OWN SIMPLE WAY SHE QUICKLY COUNTED ON HER FINGERS AND WAS PLEASED TO FIND THAT THE ASTROLOGICAL CALCULATIONS COINCIDED WITH THE BIOLOGICAL CIRCUMSTANCES

P. M. Thomas

Muthulakshmi heard voices next door. Yes, it was the new foreman's family, who had just arrived and occupied the next house. Her husband, Mani Iyer, had told her that a new foreman had been posted here and that he was expected any day.

They seemed to have quite a brood of children. Five older ones and, with the baby in her arms, six. Quite a good innings for that whiff of a woman, Muthulakshmi thought.

Muthulakshmi liked children, all children, simply because she had no children of her own. During her eighteen years of conjugal life, she had not been blessed with any issue.

The next day, the eldest of the foreman's children — a boy — got footloose, and went on an inspection tour of the neighbourhood. He gate-crashed into the Iyer house and went about prowling from one room to another. With his sandals on, he walked straight into the sanctum of the Iyer's pooja room. He stared in wonder at the idols there and enjoyed the smell of incense. He was about to lift one of the idols in his hands when Muthulakshmi shouted. "Don't!" He looked back, startled. Being quite new to the place, and new to the lady, he obeyed her and ran away.

There was only a low wall separating the two staff-quarter compounds. As Muthulakshmi came to the front part of her house, Lilly, the new neighbour, also came out. They smiled at each other and introduced themselves. They soon became friendly and chatted away as if they had known each other for ages.

Mani Iyer worked as a cashier in the Sugar Factory. He was a practising astrologer too. He had prepared thousands of horoscopes and thus helped to launch a thousand marriages. The genius was very much in the family. He had many rare palm-leaf texts and very valuable old astrology manuscripts handed down through generations. With his aptitude in mathematics, it was but natural that he took to astrology like a duck to water.

When he started on his astrological studies, he would be so absorbed with his charts, texts and calculations that he forgot everything, including even Muthulakshmi. He took her for granted, as though she was just another appendage in the house.

As Mani Iyer was returning from his office that evening, he saw from a distance that the new foreman's family had already come and that Muthulakshmi had already befriended the lady of the house. As he came nearer, Muthulakshmi told Lilly that her husband was coming and she hurried back home to prepare his evening coffee.

Lilly was surprised to see Muthulakshmi's husband. He was not at all a match for Muthulakshmi in any respect. She was light skinned, healthy, charming and graceful. In complete contrast, Mani Iyer was older by at least twenty years, dark, lean, sickly and bent. Two protruding teeth peeped out from between his lips even if the mouth was shut. He had thick lines of ash splashed across his forehead. The week-old beard was grey in patches. His long, knotted tuft was completely grey.

It was "Amavasi" day and Iyer was sick with a bout of asthma. The curse visited him every fortnight, by the new moon and full moon, since his childhod. He had tried every known Ayurvedic medicine and even Yoga for some time without any relief. Now, as he was growing old, it nearly over-powered him, leaving him completely sucked of all energy. But Iyer was God-fearing, patient and tolerant. He believed that it was the will of God and what cannot be cured had to be endured. Therefore, he suffered it silently.

Lowering his weary body onto the easy chair, he closed his eyes and wheezed away in loud rhythm. Yet, he kept repeating in his mind "Vishnu-Sahasranamam", which alone gave him some solace.

Muthulakshmi brought him his evening coffee. He was a coffee addict and he always wanted it steaming and strong. She prepared it so well that there was a

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punch in every drop of it. As Iyer gulped down the coffee avidly, Muthulakshmi told him about the neighbours and their six children. She also told him about the mischievous boy who had run into their pooja-room. She took care not to tell him that the lad had been wearing his sandals. Still, Mani Iyer was shocked at the outrage. "Did he touch anything?" he asked. Seeing that he was upset and annoyed, she said that he had only just blundered into the room when, luckily, she had seen him and shouted him out.

Even so, because a "chandal" had entered the pooja-room, Mani Iyer had to do a special pooja to sanctify the place. He told her that these Christians were all meat-eaters and that some of them even ate the Holy Cow's meat. So she should take care that these brutes did not gain entry into the house and never, never to the pooja-room. Even though he was suffering very badly, he rose from his easy chair and straight away did the pooja to re-sanctify the room.

* * *

Michael Periera came home from the sugar factory workshops and immediately got busy unpacking the big parcels of house-hold goods he had sent by lorry-service. It was a very hard job, lifting the heavy packages single-handed, but he was rugged, robust and muscular, and used to physical labour.

Though in his late thirties, he looked younger. He had been an athelete in his student days and played foot-ball for the State. Even now he kept himself trim with gymnastic exercises done both in the early morning and in the evening. In fact, the first thing he did in his new residence was to install his parallel bar, rings, dumb-bells etc. in the compound.

Lilly was five years younger than he was. She had also been quite healthy and beautiful when they were married. After six children in quick succession, though, it was no wonder that she was now frail, shabby and faded. But she managed the house very well and with an iron hand. Her word was law in the house.

After the birth of the last child, Lilly had taken a solemn decision not to have any more children. She knew very well that the Church did not permit any contraceptives — it was sinful. So she forced Michael to sleep in another room, much against his wishes. She slept with her three children on her right and the other three on her left so that Michael could not intrude in the night without disturbing and waking up the children. This was her Roman Catholic method of family planning.

Michael also felt that they had had enough children. But just for that reason, he was not prepared to resort to complete sex-starvation. He thought that it was more sinful for a couple whose marriage was made in heaven to abstain from sex. In his view, use of contraception was a lesser sin than total abstinence. Children were, after all, the gift of God, and one had to accept them thankfully, hoping that God would provide for them. But Lilly would not listen to any of this. She was adamant.

* * *

That evening, when Muthulakshmi met Lilly as usual, she had news to disclose. They were going away on a three-month pilgrimage. They had all the important South Indian temples on their itinerary. On their way back, they would offer special pooja to the family deity in their native village in Palghat district. This had been decided because Mani Iyer had discovered that the latest configuration of stars showed that a son would be born to them soon. So they had taken many vows to visit many temples and offer many poojas. She was very hopeful that this time the gods would be merciful and bless her with a child.

Lilly asked her whether, apart from the poojas and pilgrimages, they had got themselves examined by a good doctor. Muthulakshmi replied that Mani Iyer did not believe in these modern doctors and their Allopathic system. He had no reason to disturb fate and destiny. If the gods do not will, and the stars do not destine, all the doctors in the world can do nothing. Are there not big doctors who themselves do not have any children? So, finally, everything boiled down to one's "Sirolikhita" and nothing else.

Lilly had another mischievous thought in her mind. She asked, "At least, are you having regular intercourse? You can't really depend on the gods alone In this matter."

Muthulakshmi smiled, "Yes, Lilly, we do have intercourse, but maybe not so regularly. As I said, Iyer is a great authority on astrology and the movements of the stars. By his calculations, he can fix opportune moments and auspicious times when it will be most appropriate to beget a child. If ever we have a son, he wants him to be born under the best of star-configurations. His birth should be at such a noble moment that he will live up to the hoary traditions of his 'Gotra'. He should uphold the torch of enlightenment, cultural heritage, and Brahmin values.

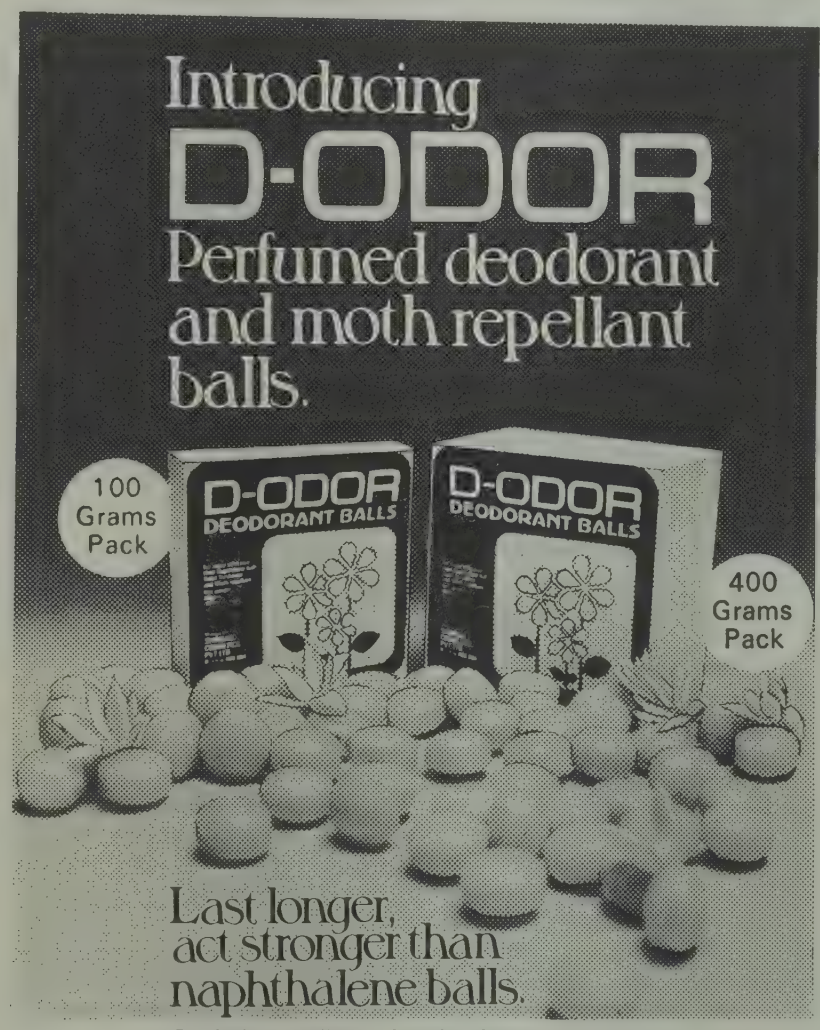
"Such occasions occur at times, but not so frequently. Our tragedy is that when such rare occasions do arise, Iyer will happen to have his asthma. Maybe it is because we have missed many golden opportunities that we do not have a child. According to Iyer's latest charts, a very glorious occasion is around the corner. I am very hopeful that we will succeed this time." Muthulakshmi was panting when she completed her tale of woe.

Lilly was laughing. Muthulakshmi was surprised and asked her, "Why Lilly, why do you laugh?"

"Oh! nothing, Muthulakshmi-amma, nothing. I was only comparing my Michael with your Mr. Iyer. For the Devil, every day is an opportune day and every hour is an auspicious hour. Sometimes auspicious moments occur twice and thrice over in a night. And my word, he is always right in his calculations. The six bright little tots that we are proud to have are abundant proof of that! But now, after six children in a row, and my health completely ruined, I am keeping him at arm's length. He is barred from entering my bedroom. He has been under compulsory family planning for months together now."

Mani Iyer spread out his palm-leaf manuscripts, charts, texts and books, time and again, to check and re-check the movement of the stars, to the very last detail. Every calculation led only to one unmistakable conclusion: that Muthulakshmi was certain to bear a son within a year. Iyer burnt a lot of midnight oil trying to fix the appro-

Continued on page 50



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WOMEN IN SPORT

Our sportswomen need and deserve more attention and encouragement than they get.
We do our bit on this page.

VARIED FARE

Shirish Nadkarni

The sweltering heat of summer discouraged most outdoor sport. In any case, with practically all the major national championships having been concluded before the sun turned on his full candle power, sporting activity was, at best, sporadic during the month of April and early May. The major events were tailored towards the selection and training of teams to represent the country at major events abroad.

With Wimbledon coming up in June, activity on the tennis courts was in fair swing. While the Indian women's standards are very poor in comparison with world class, there has always been the chance that the junior title at the premier tennis tournament in the world would come to India Last year, **Ramesh Krishnan** did the country proud by winning both the Wimbledon and the French Open titles in the juniors category. **Amreeta Ahluwalia** and co. could not reproduce the Madras lad's brilliance; but this year, there are hopes that we may be able to put a competitor at least in the penultimate round.

Bombay's aggressive **Nandini Rangarajan,** ranked No. 3 among the women in India, behind Amreeta and **Anu Peshwaria,** and second behind Anu among the juniors, is India's representative to Wimbledon this year. A tremendously fit 15-year-old, who loves to attack the ball from the word 'Go', Nandini still has a couple of years to go among the juniors; hence the decision to send her to London this year seems farsighted.

In the Marlex-sponsored tennis championship at the Khar Gymkhana, Nandini won the Under-18 final against **Radha Pandit,** no mean player, without conceding even a game. She kept up a relentless assault, whacking powerful forehand drives down both flanks, coming up to the net at the first opportunity to volley away winners. She has a good service, and managed to angle quite a few away from her opponent for clean aces. Quick on her feet, she usually managed to cover her backhand with her more reliable forehand, though her two-fisted backhand (in the rich vein of **Chris Evert** and **Tracy Austin)** is fairly dependable.

That is the brand of tennis required these days, and Nandini is playing it. The one thing she needs to watch, however, is the lob just over the head. Wily players employ this stroke to make a net-rushing rival look foolish. Women in India, Unfortuntely do not employ this stroke much, preferring to try and hit their way out of trouble, and invariably offering easy meat for a volley. Nandini should take a leaf out of the book of former Asian champion **Nirupama Mankad,** who had a beautiful lob, which she so often used to unsettle the younger, speedier, hard-hitting Amreeta Ahluwalia last year. Nandini neither possesses this stroke, nor does she have an effective counter for it.

It is good for the future of Indian tennis that a lot of juniors are taking the game seriously. The top five juniors in the country are among the top six positions in the country's rankings chart for women. That speaks well for the enthusiasm and high level of participation of juniors in tournaments in general, and in the senior events in particular. I may mention here the name of 12-year-old **Nazneen Shujatali,** who is good enough to be seeded fourth among the women at the Shivaji Park Prize Money Tournament, which kicks off even as this goes into print.

* * *

It was a little sad that none of our lady swimmers managed to attain the qualifying marks for participation in the Asian Swimming Championships, which took place at Dacca, Bangladesh, in the first week of June. The All-India Council of Sports had recommended that the third place at the last swimming Asiad be taken as the qualifying mark. Not even our star swimmer **Anita Sood,** who is fourteen this year, could touch that magic figure in any event.

Anita, tremendously improved after her coaching trip to the U.S. in the closing months of last year, came very close in her favourite freestyle events, but just fell short. It is hence an excellent, if belated, decision in the interest of Indian swimming in the future that the stringent condition was relaxed, at least in Anita's case. The valuable experience that she will gain in an international meet of this standard will be a good investment for the next few years.

Local efforts in Bombay are slated towards improving the standard of the sport in the city at least. Two pro Australian coaches, the husband-and-wife team of Jim and Jude O'Doherty, were invited for a month-long coaching stint. The coaches on their part made a magnanimous gesture by waiving all tuition fees. With them, came a four-member Aussie swimming team of juniors, among whom were three girls, **Jacqui Hody** (13), **Elana McNeil** (14) and **Lisa Withers** (15). The styles of these girls when they had a work-out at the Hindu Bath were worth seeing. They start very early at the sport

Nandini Rangarajan

Anita Sood

Down Under, and attain a high level of proficiency by the time they are in their teens.

Sixty youngsters of all age groups will benefit from the swimming camp. The coaches are holding two sessions a day. It would be worthwhile if other spots in this vast nation would follow Bombay's sterling example. Improved levels of competition invariably bring about improvement in timings. Anita, for example, wins untroubled in India, and is rarely extended in the pool at her pet events. Certainly not an inducement to drag a tiring body at greater speed over those last few excruciating metres!

* * *

The last week of September this year will see the Bridge Olympiad in Valkenburg, the Netherlands. India's representatives will be that old tried and tested combination of **Jane Verma** and **Shaila Mahajan,** who have donned the country's colours before. They will be supported in the team of five by the new combination of **Sandhya Ranade** and **Bimal Sicka. Razia Beg Mohammad** forms the fifth member of the squad.

In the recent trials at the Nehru Stadium, Pune, to select the team, Jane Verma's bunch had to recruit Dame Luck's services to make the grade. After the first seven rounds, they had just 134 Victory Points (V.P.s), while the brilliant playing of **Shilu Thadani's** team had taken them to the forefront with an incredible 177 out of a possible 200 V.P.s. Thadani's team, which included four of India's top players, displayed sound judgment in tricky deals, and seemed certain of going through to the Netherlands this September.

But it proved to be a case of the proverbial hare and tortoise! With the victory scent strong in their nostrils, Thadani's team unaccountably faltered and fell on prodigal ways. They just could not get out of the rut, and were beaten by Verma's lot, who steadied after a couple of disasters in the initial rounds. In the final analysis, it was the tortoise who crossed the finishing line a hair's breadth (pardon, no pun intended!) in front of its rival.

Eleven teams, comprising 60 women, participated in the trials. The fact that sixteen of these were from Sangli shows how much interest the sleepy little town in Maharashtra is taking in the game.

* * *

Even as this goes to print, India's top two women shuttlers, **Ami Ghia,** the reigning national champion, and her Bombay compatriot, **Ameeta Kulkarni** will be battling it out in Jakarata, Indonesia, in the second World Cup Badminton Championships. After her heart-warming showing in the recent All-England Championships, when she reached the quarter-final stage, 23-year-old Ami will be attempting to at least repeat her performance, if not better it. The frail five-times national champion has already made 16 appearances for the country in the last seven years, since she hit the national scene with a bang in the early seventies.

Ameeta, just 18, is a player with a future if she manages to keep up the level of improvement she has shown in the last three years. Unfortunately, in the last few months, the impression has crept in that she has reached a sort of plateau, and seems unable to make her way to the mountain beyond. For one thing, her faulty service action must be immediately corrected, even at the cost of ruining her confidence in it for a few months. Otherwise, she is a strong, strapping figure, and works hard at her badminton. More experience will help her conquer her nerves before a big match.

The tournament will form part of the training ground for the girls to pick up more experience before the Uber Cup tie later this year against Australia. I had a good look at their top player, **Jane MacDonald,** during the recent All-England Championships and I daresay we have an excellent chance of beating the Aussies. The main contest will come later when India takes on a team like Malaysia. On the last two occasions that India has encountered Malaysia

Ameeta Kulkarni

the scores have been 7-0 and 6-1 in the Malaysians' favour.

* * *

A ghastly incident took place in January this year during the Punjab Athletic Meet at Jullundur — the incident coming to light only after it was given due publicity in the press, almost three months later. 15-year-old Maninder Kaur, a fine, budding long-jumper who had the potential to represent India in the future, broke her right leg when she landed on the hard ground beyond the under-prepared jumping pit. She had pointed out to the officials before taking her jump that the pit was not up to the standard required, but no one paid any heed.

What was particularly reprehensible about the incident was the fact that Maninder lay writhing on the ground in great pain, and there was no one to help her up. The organisers were busy preparing for the arrival and reception of the chief guest. The tenth standard student from Ludhiana had to crawl away from the pit, dragging her injured leg behind her. The officials refused to take her by car to hospital. It was only after a senior officer of the Border Security Force came to see her plight that he took her to hospital in his car. Even there, she was given only first-aid, though it was apparent that the thigh-bone was broken.

She had to spend two months in hospital, and even now, she has been told that **it will be almost two years before she recovers fully. She may never jump again,** nor is she really interested in doing so after seeing the shocking callousness of the people in authority. **All attempts were made to hush up the incident,** but the girl's father brought it to the notice of the press after he had spent over Rs. 4000 on her treatment, and there seemed to be no hope of recovering this amount. The stink raised by the press brought everyone around in great sympathy.

Milkha Singh, the former Olympian, and now additional director of public instruction (Youth Programme) of Punjab, announced a cash subsidy of Rs. 2000, and urged a thorough probe into the whole affair. Is it possible that the great Milkha had not even heard of the incident earlier? Yes, that probe is definitely important, for **the future of a lot of athletes is at stake,** depending upon the action taken against the erring officials.

Maninder had the last word when, despite the constant pain in the leg, she appeared for her examinations, and is reported to have got through them. Bravo, Maninder!

* * *

Women's cricket in India has come to stay. Tours are being planned on a long-term basis. Even though our team could not go recently to the West Indies due to paucity of funds available with the Women's Cricket Association of India, an Indo-Pakistan series is currently being negotiated. A team from the U.K. will tour India this winter, playing five three-day Tests, five zonal matches of two days' duration each, and one other two-day fixture against the WCAI President's XI.

The Indian team will be selected from the senior national championships in Jamshedpur in October. Incidentally, with the admission of Himachal Pradesh into the Association recently, the WCAI now has 21 members.

INTERNATIONAL SPORTSWOMAN OF THE MONTH:

The vote this month goes to that powerfully built 33-year-old javelin-thrower from East Germany, **Ruth Fuchs.** Centimetre by centimetre, she is creeping closer and closer to that magic 70-metre barrier in the javelin throw. At the moment, she is just 4 cetimetres short of the mark, having hurled the javelin 69.96 metres, to improve upon her own world mark of 69.52 metres set a few months ago. This was, incidentally, the sixth occasion on which she had broken her own world record.

AS THE STARS FORETOLD

Continued from page 47

priate date and time when Muthulakshmi should actually conceive the child. It was a masterpiece of intricate calculations when he finally picked on the 27th "Nazikai" of the next "Pournami" day for this. It is very important to fix the time, because any enterprise begun at the right time is bound to be right. Iyer confided this finding to Muthulakshmi. In fact, he became very emotional and even recited portions of the "Saptapadi" — "We are of mind, deed and desire. Thou art Rik, I am Saman; I am the sky, thou art the earth; I am the seed, thou art its bearer — so that we may have wealth and children. . ."

In her own simple way, Muthulakshmi also made some calculations on her fingers and was very pleased to find that the astrological calculations coincided with the biological circumstances.

• • •

It was 11 o'clock on the full moon night. Unfortunately, Mani Iyer was striken down with asthma and, this time, the attack was unusually severe. He was wrapped up in a muffler and blanket, lying on his bed like a bundle of bones. His wheezing was the only sound that broke the dead silence of the night.

Muthulakshmi was lying awake beside him. Her thoughts were floating about like fluffy-white clouds in the blue sky, going nowhere. She looked out through the window. The landscape was drenched in silvery moonlight. The large disc of the glittering moon appeared to have got stuck on a dying tree's leaf-less, drying branches, just as the youthful, ebullient Muthulakshmi's life has got entangled with old, sickly Iyer's. Her whole self was burning with an all-consuming flame of urge and desire. . .She gnashed her teeth and stiffled a thousand "Satans" in the depth of mind. Hours crept by. Muthulakshmi spent a dreadful "Sivrathri" of dashed hopes. It was 5 a.m, and she rose from her bed, at least half-an-hour earlier than usual, to start another sorry day.

In the bathroom, she removed her clothes and was about to pour water over her body when she heard a sound. She looked around, but found nothing. The enchanting moon was very much there, shining on her beautiful, shapely body glittering like a brass statue of Venus. Again, a few sinful thoughts surged though her mind She cursed herself and did a "japa" of Gayatri mantra in her mind to ward off evil thoughts, and to steady her straying mind.

And then, through the ventilator of the bathroom she saw Michael rising on his muscular arms on the parallel bars on the other side of the low wall. He rose and remained level with her face and then rose again further up and looked her all over, smiling all the while. He came down again face to face and remained balanced there, and beckoned to her. Thereafter, everything happened quickly. They were mad, mad minutes. It was a blissful experience that left behind the sweetest of sweet memories.

Muthulakshmi finished her bath, and prepared strong, steaming coffee for Mani Iyer. He was still wheezing badly, covered up in his blanket. She helped him to sit up and gave him his hot morning beverage. While Iyer was gulping his coffee, Muthulakshmi casually mentioned that the auspicious occasion was almost slipping away. He put his feeble arm around her and narrated in his mind the "Garbhadanam" mantra which says "My the Prajapathi be the impregnator, may the Creator give the embryo. . ."

After Iyer recovered from his asthma, they left on their pilgrimage. Three months afterwards, Mani Iyer returned alone to the sugar factory staff-quarters, because Muthulakshmi was in the family way, thanks to the blessings of the gods, and the configuration of the stars. And Iyer's charts said that it would be a boy!

THE MATERNAL INSTINCT: A MYTH

Continued from page 11

are involved in the dissemination of such information. There are hardly any books in Indian languages and little has been done in the Indian context.

ANCIENT TREATISES

Many of our ancient medical treatises contain information, much of which is surprisingly 'modern'. The 'Charaka Samhita' by Charaka includes a chapter on child-care. He says that toys should be well-coloured, produce good sound, not arouse fear, not have pointed ends and not be so small that it can be swallowed. A chapter in 'Sushruta Samhita' discusses the care of young children. Babies should not be handled roughly or frightened with sudden movements. Charaka has also said that if the child is not eating or is crying or misbehaving, one should never frighten him into obedience or scare him with images of 'Rakshasas' and 'Pishachas'. There was a lot of wisdom in these books. How many mothers scare their children with the threat of police and ghosts!

Science helps us to sift through our traditional literature and decide rationally what is good and what is bad. For example, let us consider the position of women today. From birth, a girl is unwanted. A boy gets preferential treatment. From childhood, she is trained to be docile, subservient — essentials for a 'good' marriage. Higher education and a career are confined to a fortunate minority. Yet, if we look beyond the age of Manu to the Vedic age, we see that both sexes had equal status and hence equal education. The 'Rigveda' states that women were even allowed to obtain the highest knowledge — i.e. that of Brahma. Boys and girls studied together. The Rigveda contains hymns written by 'Rishikas' and the practice of 'Swayamvara' was prevalent.

TRADITION

Some of our traditions need to be modified. For example, the ceremony of 'Annaprasanna' is meant for the introduction of solids (usually rice) to the six-month-old baby. Yet, how many women especially in the rural areas and of the lower classes continue to give only milk? Research indicates that solids may be introduced even at three months and that pulses and vegetables are more nutritional than rice.

One must also be aware of wrong advice that is given. For example, it is believed that some foods are 'hot' and the others 'cold'. A banana given to a baby is 'cold'. In fact, it is one of the best foods to be introduced because of its caloric content and easy availability. Besides, it is easy to digest.

GOVERNMENT PROGRAMMES

The Government has introduced the Integrated Child Development Scheme — one of the means of parent education. Local workers at the village level, such as 'balsevikas' and 'anganwadi' workers, would be assigned the responsibility of educating the parents.

MEDIA

In the urban setting, some firms have sponsored radio programmes on this topic and T.V. has recently shown a similar interest. Some schools and voluntary organisations call speakers to address them. Occasional articles appear in newspapers and magazines.

The content of parent education is drawn from various disciplines — education, psychology, sociology, social work, medicine, etc.

CHILD GUIDANCE CLINICS

In some cases expert guidance may be needed for the more serious problems of children. In such cases, child guidance clinics, with their teams of psychiatrists, social workers and psychologists can provide help.

Parent education may be a difficult process to some parents because it involves the questioning of one's own beliefs and actions. In other cases, it provides reassurance to parents who may be worrying unnecessarily about parent-child inter-action. One can even ignore the entire notion of and need for parent education — life will go on anyway, but then one has lost a chance to open new horizons. The aim of parent education was never to point accusing fingers at parents and to make them guilty. Instead, the aim has been aligned with the common concern of society — i.e. to safeguard and nurture in the best possible way its most valuable heritage: children.

THE RIGHTS OF THE CONSUMER

Continued from page 23

The Weights and Measure inspectors carry out verification checks every year for correctness of petrol pumps, weights and measures used by shopkeepers and taxi and auto meters. Though no shortage in the quantity of petrol delivered is permissible during such checks, a short delivery of 15 ml for every 5 litres of petrol is permitted during periodic surprise inspections by the inspectors.

The Packaged Commodities Rules, 1977 ensure declarations of the name of the manufacturer, net quantity of the commodity in the package, month and year of manufacture, and sale price of the package, on the container label. This helps you to compare one brand with another when buying. The declaration of quantity is required to be expressed in terms of such units of weights and measures or a combination of these as will give accurate and adequate information to the consumer with regard to the quantity of the commodity contained in the package. However, no declaration as to the month and year or the sale price is required for uncanned products, liquid milk, beverages, and similar other products.

The provisions of the law also demand that the packages containing more than one bed-sheet, dhoties, sarees, napkins, towels and similar other commodities should indicate the number and dimensions of such commodities and the sale price. Dimensions of each individual piece are also required to be marked. Similarly, packages containing facial tissues, toilet paper and other similar products, have to indicate the number of usable sheets and the dimensions of each sheet.

These rules authorise the Director of Legal Metrology to take punitive action against the offenders and seize deceptive packages or get them repacked.

The malpractices in such under-weight packs are curbed by specifying the maximum permissible margin of error in the quantity contained in the individual package. For instance, in the case of biscuits weighing upto 500 gms the maximum shortage allowed is 7 per cent by weight; 5 per cent in case of tooth paste up to 50 gms; 4.5 per cent for washing soap up to 50 gms; 8 per cent in boxes of safety matches containing up to 50 sticks, and so on.

Certain commodities like baby foods, bread, butter, cigarettes, sanitary liquids, coffee, cooking oils, milk powder, cosmetics, soaps, tooth pastes and jams are required by law to be packed only in certain specified quantities and not according to the whims and fancies of the manufacturer.

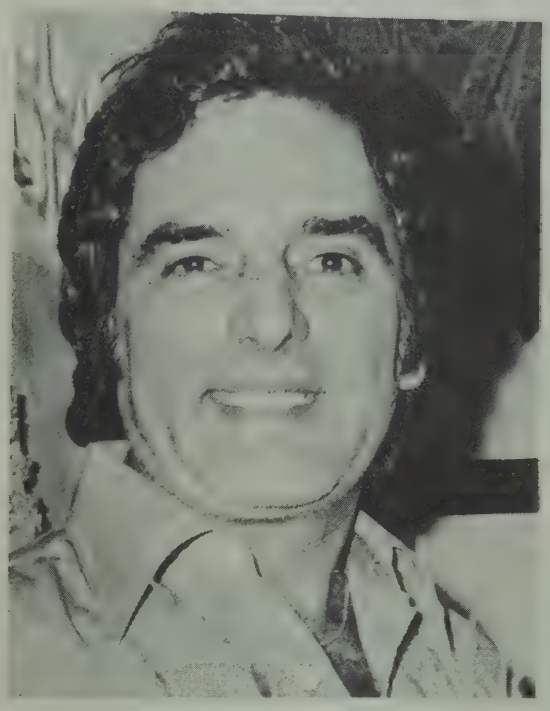
Then again, if a shopkeeper demands a price for a packaged commodity more than that shown on the package on the plea that the price has since been revised by the manufacture, it is a clear cut case of cheating and violation of the rules and you should deal with it firmly.

Thus, you should be watchful while buying packaged commodities or availing of any service, to get your money's worth, for it is your right to expect fair trading practices.

FRANKLY SPEAKING

Devi

THE KARVACHAUTH MELA



While Feroze Khan awaits the harvesf ot "Qurbani", Polydor have already made a packet, and a khadka man in Amritsar has become rich overnight from the film. His initial capital was Rs. 25 with which he bought a "Qurbani" LP, then borrowed a few cassettes, filled them with "Qurbani" music and sold them like hot jelebies.

The song "Leila O Leila" has a special meaning for the Khans. Feroze's daughter is named Leila. I had seen her as a baby when Feroze held her on his palm (that is the way he holds a baby). It looked like Feroze was carrying a hand mirror. The baby, when she grows up, I had written, would hijack a million hearts (Leila the hijacker was in the news then).

Apart from Manhar who has been accepted as another Mukesh more than Mukesh's own son, Nitin, the film has thrown in London based Bidu as a music-director (for extra effect to Kalyanji-Anandji's music). All that one knows about Bidu is that he was a poor man from South India who became a rich man in England, and music is his hobby. Bidu in turn has introduced a new voice, 15-year-old Nazia Hasan. She was just a drawing room singer. She used to sing after dinner at the local Indian and Pakistani friends' homes in London.

"Qurbani" will follow "Red Rose" and "Todisi Bewafaii" after a week. The first two films will decide Rajesh Khanna's existence in filmdom. If they click, then "Khudrat" will decide his dominance. Anyway, the ground is set. "Burning Train", "Bombay 405 Miles", etc. have failed at the box-office. Amitabh is flopping steadily and all the new releases from "Red Rose" to "Qurbani" to "Khudrat" have a fresh turnover of stars — from Poonam Dhillon to Raaj Kumar, Priya, Feroze not to miss Vinod Khanna, who is rare if not fresh.

* * *

Shammi, Sultan Ahmed divorcee, for her birthday party screened "Thodisi Bewafaii".The gathering looked more like a "karvachauth mela" than a birthday party. Waheeda, Nargis, Saira, Jaya Bachhan, almost all the filmdom ladies were there.

She is contemplating becoming a producer. She has already signed up Rajesh, I hear. I don't know what signing amount she paid him, for at times Rajesh can be signed on an original and intelligent dialogue. "She is an interesting and intelligent woman. I like spending my spare evenings with her," Rajesh had said about Shammi once.

PEOPLE AND EVENTS

BOMBAY

A panel discussion on Environmental Noise And Its Control was held by the Society for Clean Environment (Socleen), Giants Group of Bombay, Giants Group of Chowpatty, and the Giants Group of Matunga-Wadala on the occasion of World Environment Day at Hotel Natraj. The Mayor of Bombay, Mr. Baburao Shete was the chief guest. Mr. M. S. Kasbekar, Commissioner of Police, Bombay, presided over the function.

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20-year-old Sangeeta Chopra is all set to break into the field of classical dancing. Introduced to the fashion show biz at a very early age by her mother who is a leading producer and director, Sangeeta began choreographing shows at the age of 16. Since then she has participated in various fashion shows for leading textile mills. She also likes designing garments and does the designing for most of her programmes.

Sangeeta who has graduated in French, has been trained by Guru Kalyansundaram Pillai in Bharata Natyam, and will give a performance at Tejpal Auditorium on June 19. The show is being presented by Samkalpana.

* * *

An exhibition of paintings by Mrs. Chandrakala Goyal was held at the Taj Art Gallery recently. Chandrakala, who has done her M.A. in Economics, has been trained in painting under Prof. D. P. Banerjee. Her paintings are mainly in oil and knife.

Mr. M.N. Goiporia, Chairman and Managing Director, Dena Bank, was the chief guest.

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"Rachana" will be holding an exhibition-cum-sale of hand-embroidered sarees at Contempora Art Gallery on June 14 and 15, 1980. Mrs. Yash Kohli, editor, 'Chic', will inaugurate the exhibition. Sarees embroidered with wool and bead-work will also be on display.

* * *

Recently the Bombay Flying Club organised a Spot landing Competition at the Juhu Airport and awarded prizes to the winners on its Annual Day Celebrations, at the Club.

The winners were Mr. Malcolm Cohelo, Mr. R. Bhagatwalla and Mr. A.J. Pandit.

The Indian Section of the Ninety-Nines Inc., an international organisation of women pilots donated the "Marion Barnick Memorial Trophy".

CALCUTTA

As part of the celebrations of the Consumer Protection Week, the Consumer Action Forum, Calcutta, under the presidentship of Mr. Rusi B. Gimi in collaboration with the American Center, held a meeting to meet Dr. Tim Ryles, Administrator for Consumer Affairs in Executive Office of the Governor, State of Georgia, USA, and also the President of National Association

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1. At the prize distribution function of the Sainik Kitchen Queen Contest held in Bombay recently by the Khar Residents' Association are seen (from left) Mrs. Pargal, Mrs. N. Kasbekar, Miss G. Thadani, Chief Guest Mrs. Gulshan Ewing, Editor, Eve's Weekly and Star & Style, Mrs. D. Samtani, Mrs. S. Pinto, Mr. B. Mehta, Miss C. Rebello, Mrs. C. Thadani, Mr. Advani, Mrs. T. Dalal and Mr. C. Thadani.

2. At the prize distribution function of the spot landing competition held by the Bombay Flying Club are seen (from left) Mohini Shroff of the Ninety-Nines, Mr. R. Bhagatwalla, winner of the Marion Barnick Memorial Trophy, and Chanda Sawant, Governor, The Ninety-Nines Inc. (Indian Section).

3. Mrs. Bakul Patel inaugurated an exhibition called "Living in Style" held at the Oberoi Towers, Bombay. Also seen are Mr. Kamal Mahtani and Mr. S.A. Ahsan.

of Consumers' Agencies. Dr. Tim Ryles related how consumer protection is vigorously practised in the USA and how the Government has given it rightful importance in the national life by having a minister for consumerism. Of the speakers at the meeting Dr. Nabagopal Das remarked that in India, the Government and the communication media are not giving enough importance to consumerism.

* * *

The West Bengal branch of the Medical Women's Associa- in India, held the anniversary day function of the Social Welfare and Cancer detection clinic at their premises. The chief guest, Dr. Olav Hodne, Director, Lutherian World Service, praised the efforts of the doctors who were giving devoted service.

Dr. Marie Catchatoor announced that the site of a new hospital has been arranged, where under-privileged people would continue to get treatment.

HYDERABAD

The decennial celebrations of the Ladies' Welfare Centre of Bharat Heavy Electricals Ltd, (BHEL) were held recently. Mrs. Durga Bhaktavatsalam, Chairman of the A.P. State Social Welfare Advisory Board, inaugurated the event. Group Capt. Sivaswamy was the chief guest, and Mr. M. R. Naidu, Executive Director, BHEL, presided.

Mrs. Kala Naidu, President of the Ladies' Welfare Centre, welcomed the guests, and announced that the Centre was starting an orphanage and a clinic for the physically handicapped. The Centre runs a school for 1200 children, a creche, a special school for the mentally retarded as well as typewriting, sewing, embroidery and other vocational classes.

NAGPUR

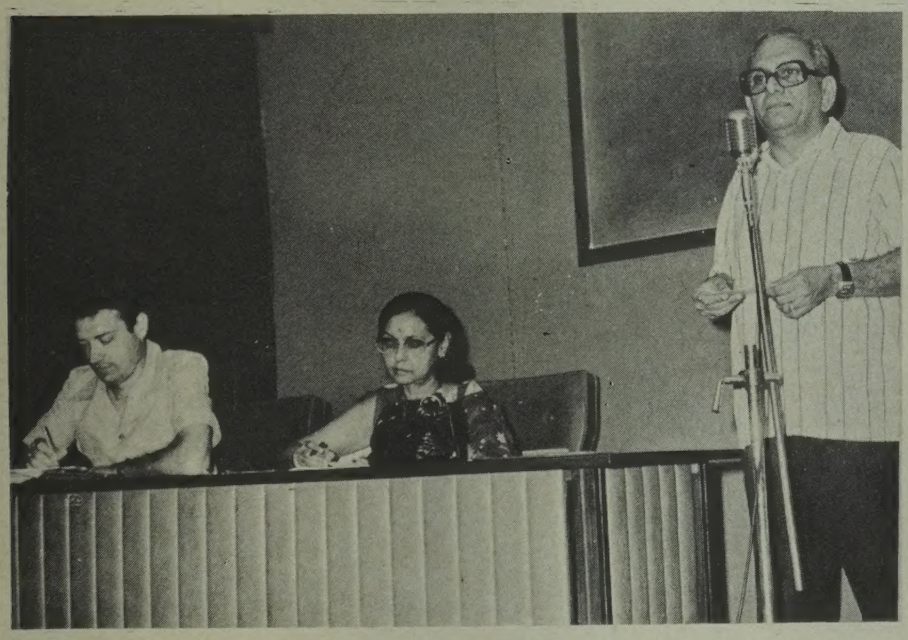
The Nag-Feme Jaycees, a ladies organisation, held a 'Kitchen-Beautiful Contest." The main criteria for the contest were attractiveness, utility, economical usage, hygiene, arrangement and total appearance. The judges were Mrs. Jayavanti Chitnavis and Mrs. Srinivasan. The winner of the contest was Mrs. Malati Dave.

OOTACAMUND

Sabitha Radhakrishna of "Amrapali", Madras, held a two-day exhibition-cum-sale of exclusive hand-printed saris, salwar-kameez sets, dress-materials, etc., at the Y.W.C.A. project of India, Anandagiri. Her tastefully designed Venkatagiris, kotas, village saris, Bengal cottons, etc., proved very popular with both the local residents, and visitors to this hill-station.

CORRECTION

The article, "Children And V.D." which appeared in our issue dated May 24, 1980, was written by M. P. Vora and not H. P. Vora. The error is regretted.



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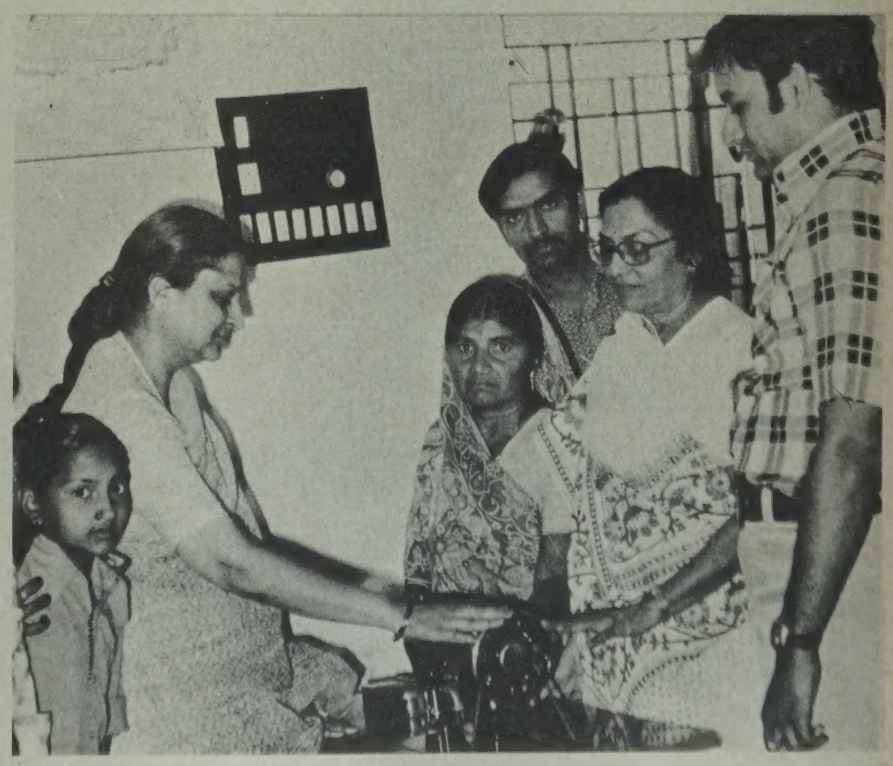
4. At a meeting organised by the Consumer Action Forum, Calcutta, to celebrate the Consumer Protection Week, are seen (from left) Dr. Tim Ryles, Gita Basu and Mr. R.B. Gimi.

5. Mrs. Durga Bhaktavatsalam, Chairman, Andhra Pradesh State Social Welfare Advisory Board, is seen releasing the souvenir at the decennial celebrations of the BHEL Ladies' Welfare Centre in Hyderabad. At right is Mrs. Kala Naidu, President of the Centre.

6. Mrs. Nandini Munshaw (left) presented a sewing machine on behalf of the Giants Group of Ahmedabad to the women of Khoraj village. Mrs. C. Kasturbhai and Mr. P. Boradia are seen at the extreme right.



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THIS WEEK FOR YOU

FOR THE WEEK JUNE 14 — 20, 1980

John Naylor

IF IT'S YOUR BIRTHDAY THIS WEEK :

A lucky year, on the whole. You will do best working and planning on your own, but seek co-operation from others. People will tend to influence you into doubtful schemes which could prove expensive both in time and money, around the beginning of 1981. But it's a splendid twelvemonth on the whole for making the most of the goodwill built up in the recent past, for asking favours, for using your charm and personality. Prospects for domestic harmony and beneficial changes are excellent between now and October. And there will be much enjoyable social activity, romantic opportunities, throughout the year.

ARIES

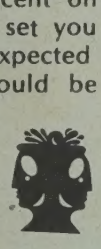
(Mar. 22 — Apr. 20)

Indication of travel, movement and change for some time ahead. This will be mainly beneficial, but from late July to mid-August, could be irritating. Get yourself in order now and keep up to date.

TAURUS

(Apr. 21 — May 21)

A busy, but lucky week with the accent on useful contacts. Good news could set you off on a new track, also some unexpected money. Journeys and interviews could be profitable.



GEMINI

(May 22 — June 21)

Home life will be easy and pleasant for quite some time. However romance takes the scene principally, with Venus in your sign for a lengthy period. People will tend to fuss over you.

CANCER

(June 22 — July 23)

Your aims and ambitions are likely to succeed. Get yourself into the limelight, show what you are capable of! This week favours health matters and confidential issues. There could be luck through officialdom.

LEO

(July 24 — Aug. 23)

More than one attractive propositon will be put to you shortly. Your prospects are bright. Anything you begin now should flourish in the months ahead. You'll be conscious of a new trend, new inspiration within yourself.

VIRGO

(Aug. 24 — Sept. 23)

Your hopes and ambitions can move ahead any time from now. If born in August, your fortunes may already have risen, but could still improve! September-born Virgos must seize opportunities, set their sights high!

LIBRA

(Sept. 24 — Oct. 23)

Travel stars indicate a holiday or a journey later in the year. Keep on the move, mentally and physically, and don't stick in a comfortable rut! The signs are that you will shortly be projected into a new phase of life.

SCORPIO

(Oct. 24 — Nov. 22)

Helpful planets set your doubts and indecisions at rest and you will be more enthusiastic about your activities, and relationships will have extra energy. Praise from a person who matters will boost your morale. Try to get a change of scene soon.

SAGITTARIUS

(Nov. 23 — Dec. 22)

The accent is on the affairs of relatives, friends and colleagues. You have to fit in with their ideas over the next few weeks, but their actions and decisions will affect your own plans helpfully.

CAPRICORN

(Dec. 23 — Jan. 20)

Travel, legal affairs, your more distant plans favoured, but for the present you could be at sixes and sevens, and an over-busy programme could have you neglecting health, essential routine jobs. You'll tend to run around in circles.

AQUARIUS

(Jan. 21 — Feb. 19)

The planets favour your love life, bring new meetings if unattached. You may soon be part of an attractive circle, take up unusual hobbies and interests. Good week for speculation, but avoid undue risks.

PISCES

(Feb. 20 — Mar. 21)

You are almost at the end of a difficult period of harassments and little thanks for efforts. You are heading into a happier time, but be thrifty for a month or two.

YOUTH POWER TAKES OVER ASSAM

Continued from page 38

Talking to 22 year-old Bhrighu Kumar Phukan, General Secretary of AASU, you realise you are talking to a shrewd, poised and diplomatic young man. His answers are to the point, his manner polite and friendly. Unlike others he does not linger to sell his cause to you. He is conscious of the responsibility of his position as the AASU spokesman and is careful in his choice of words and how much he says. When you have run out of questions, he gives a friendly smile. says, "Thank you very much" and is gone. Bearded Mahanta, President of the AASU is more vocal. A clear thinker, he was the first to explain to us in a few simple sentences the essence of their constitutional stand.

At a crowded press conference given by AASU, following Mrs. Gandhi's visit to Gauhati, all the leading journals and newspapers from India were represented, as well as foreign reporters and TV. It was an impressive sight. Yet there were Mahanta and Phukan, totally at ease. Phukan chewed away at his tangul pan and answered in a cool and moderate manner, as if this is something he had done all his life!

The students are wary of any attempts to create a personality cult among them. Although the top line of leadership is in jail or in hiding, the AASU has built up a second line of able leaders who have not lost their sense of direction.

The Assamese have realised that the reason why "outsiders" have got jobs today and they haven't is because their people are inclined to be lazy and not prepared to undertake certain jobs. All over Assam today, the markets are clustered with "Swavalambi" (self help) stalls. They are manned by young college students who are well dressed and educated. They sell fish, vegetables and fruit, which they buy from the wholesale markets and sell at a cheaper price than in the markets which are predominantly run by Bangladeshis. "We have never done this work before. Our fathers are government servants, tea brokers, etc. We intend to do this until our colleges reopen. We want to restore the dignity of labour among our Assamese people," says Dhrubajyoti Sharma, a young commerce student. Part of their earnings are given to AASU.

The issue at the moment is the foreign element from Bangladesh. But the problem goes much deeper. The policies of the Indian Government, the behaviour of the CRP, and the Indian Army. The bureaucrats, who have treated their appointment in that area as "the back of beyond," has not enhanced the image of the rest of India in States like Manipur, Mizoram, Nagaland and Meghalaya. In most of these States underground movements have already started which need little provocation to become secessionist. Assam is the only State that has continuously maintained that they want to solve their problems within the framework of the Indian Constitution. In fact, it is Assam that is at the moment preventing the other North Eastern States from becoming secessionist and this point must not be missed by the rest of India.

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